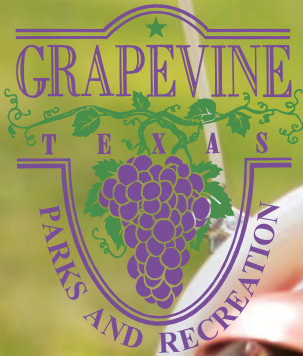


Play GRAPEVINE

PARKS AND RECREATION ACTIVITIES GUIDE

**MORE THAN
48,001 WAYS
TO PLAY!**

Grapevine Parks & Recreation offers more programs than any other North Texas city its size. Take advantage of many diverse programs, organized sports for youth and adults, special events, health and fitness, outdoor recreation and more!



playgrapevine.com



THE REC
OF GRAPEVINE



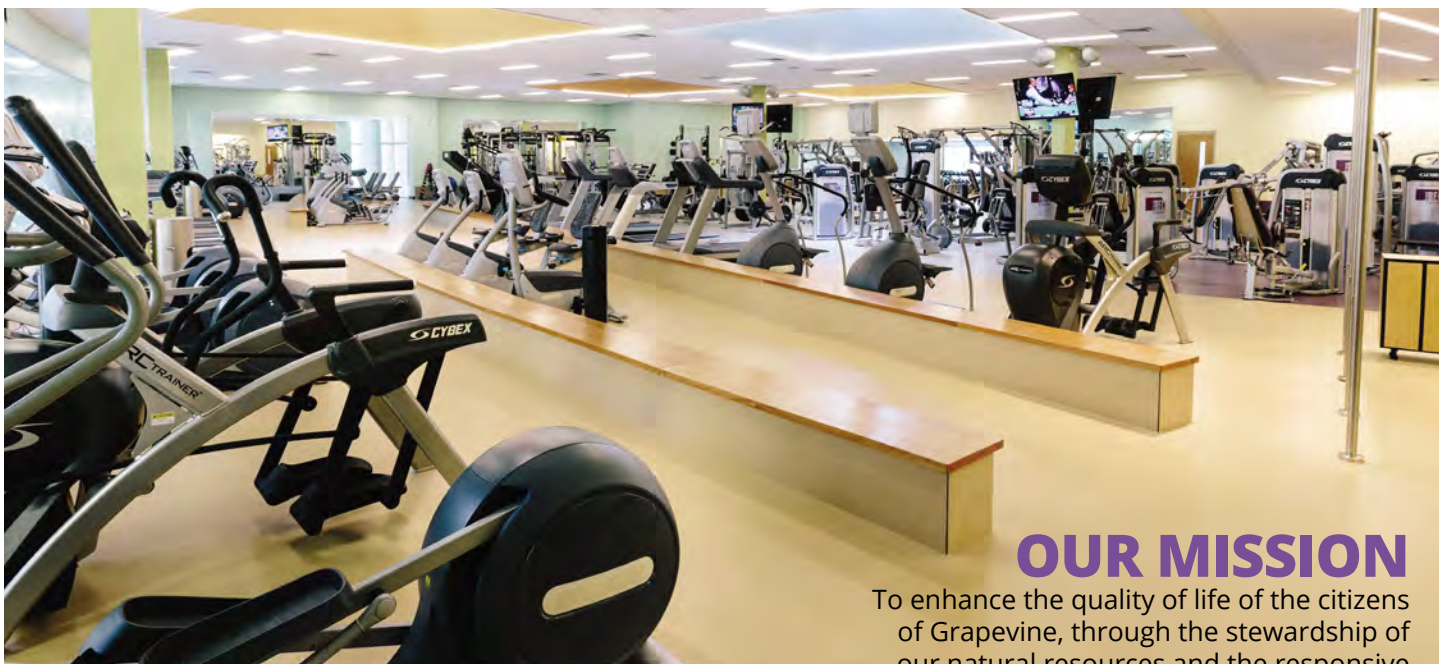
AWESOME HAS A NEW ADDRESS.

- Indoor family aquatic center with slides, lazy river, lap lanes and play structures
- Indoor children's themed playground
- On-site child watch
- Active adults 55 and better area includes a computer lab, classroom space, lounge area with fireplace (maintaining same senior benefits)
- Over 7,000 square feet of fitness room space with cardiovascular/strength equipment and exercise stations
- Regulation-size basketball and racquetball courts
- Multiple exercise rooms for fitness classes
- Private fitness assessment rooms
- An elevated walking track
- Ten family changing rooms
- Seating and lounge spaces throughout



**FAMILY PASSES AS LOW AS
\$4.17/PERSON A MONTH***

*Annual family pass - family of 6.



OUR MISSION

To enhance the quality of life of the citizens of Grapevine, through the stewardship of our natural resources and the responsive provision of quality leisure opportunities.

CONTACT INFO:

GRAPEVINE PARKS AND RECREATION ADMINISTRATION

1175 Municipal Way
Grapevine, TX 76051
817.410.3122

Kevin Mitchell
Director

Chris Smith
Deputy Director

THE REC OF GRAPEVINE

1175 Municipal Way
Grapevine, TX 76051
Main: 817.410.3450
55 and Better: 817.410.3465

Trent Kelley
Recreation Manager
tkelley@grapevinetexas.gov

ATHLETICS

1175 Municipal Way
Grapevine, TX 76051
817.410.3472

Scott Hardeman
Athletics Manager
scottha@grapevinetexas.gov

CAPITAL PROJECTS

1175 Municipal Way
Grapevine, TX 76051
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PARK OPERATIONS

501 Shady Brook Dr.
Grapevine, TX 76051
817.410.3349

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Parks Manager
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LAKE PARKS

501 Shady Brook Dr.
Grapevine, TX 76051
817.410.3470

Randy Sell
Lake Parks/Special Events Manager
rsell@grapevinetexas.gov

Pavilion Rentals
srich@grapevinetexas.gov

THE VINEYARDS CAMPGROUND & CABINS

817.329.8993
Vineyardscampground.com

MEADOWMERE PARK

817.488.5272

ROCKLEDGE PARK

817.454.1058

GRAPEVINE CITY COUNCIL

William D Tate, Mayor
Sharron Spencer
Darlene Freed
Mike Lease
Chris Coy
Duff O'Dell

PARKS & RECREATION ADVISORY BOARD

Ray Harris – Chairman
Roy Robertson
Larry Francis
John Dalri
Terry Musar
Krystyna Plut
Debra Tridico
Gary Humble
David Buhr
Becky St. John
GCISD School Board Liaison
Abby Sandy
Student Liaison

For additional information, visit TheREC.com



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goals
memories
fun
resolutions
play

LET THE BEGIN.



CURRENT OPERATING HOURS

DRY SIDE

MONDAY-THURSDAY
5:00 AM-10:00 PM

FRIDAY
5:00 AM-7:00 PM

SATURDAY
7:00 AM-7:00 PM

SUNDAY
12:00 PM-7:00 PM

WET SIDE

MONDAY-THURSDAY
5:00 AM-8:00 PM

FRIDAY
5:00 AM-6:00 PM

SATURDAY
7:00 AM-6:00 PM

SUNDAY
12:00 PM-6:00 PM

Detailed aquatic schedule on pg. 16.

CHILD WATCH HOURS

MON-THUR
8:00 AM-12:00 PM
4:00 PM-8:00 PM

FRIDAY
8:00 AM-12:00 PM
2:30 PM-6:30 PM

SATURDAY
8:00 AM-12:00 PM

TYPE OF MEMBERSHIP/PASS	PRICE
Annual Passes - Family	\$300.00
Annual Passes - Individual	\$120.00
Annual Passes - Non Res. Family	\$780.00
Annual Passes - Non Res. Individual	\$440.00
Aquatic "Wet" Family	\$200.00
Aquatic "Wet" Individual	\$80.00
Fitness "Dry" Family	\$170.00
Fitness "Dry" Individual	\$70.00
Guest Pass - Must Be With A Member	\$10.00
Child Watch Pass - Drop-In	\$5.00
Child Watch Pass - Annual (Resident Only)	\$100.00
Senior Services Pass*	Free
Play Pass "Grape"*** (Resident Only)	\$350.00
Play Pass "Vine"**** (Resident Only)	\$385.00

*Seniors 55+ services during senior hours and designated senior programs

** "GRAPE", The REC, Dove Pool, PG Pool \$400 value

*** "VINE", The REC, Dove Pool, PG Pool & Lake Parks \$435 value

Volunteerism in Grapevine

Grapevine volunteers are the greatest and they make a tremendous difference in what the city offers its residents! The Grapevine city staff, from the top down, recognizes and sincerely appreciates the impact volunteers make here and will continue to support their efforts wholeheartedly. We could never keep our environment green and pristine without our loyal and hardworking volunteers. Volunteers handle all the detail work that makes our city sparkle. We can accommodate groups of any size and almost any day. So, call us with all your volunteer needs. We've been told, it's a worthwhile experience when partnering with Grapevine. Call 817.410.3122 or email knelson@grapevinetexas.gov.

Join the movement!



Volunteer Spotlight: Ray & Susan Harris

What is your favorite thing about volunteering with Grapevine Parks and Recreation?

We have lived in Grapevine 26 years. We knew nothing about the city when we moved in, but quickly knew we loved it. There is a small town feel while only being a short distance from the "big" cities. We chose to become volunteers in order to get involved in the "feeling" and to give back to the community.

Tell us about an experience you had while volunteering for Grapevine PARD that made you realize you were making a difference.

When we adopted the shoreline, we were appalled by the amount of trash we pulled from the water and the various items that were thrown into it. Over the course

of a year while the water level was low in 2007, we pulled 2,000+ pounds of trash. This included the usual glass (whole and broken) and plastic bottles, aluminum and steel cans, Styrofoam, fishing tackle (rods, reels, lures and line), old tires (dozens), scaffolding, toilets (3) and a bowling ball (really). The difference was realized when the lake level dropped again in the past couple of years and our cleanups didn't produce nearly as much as previously in our adopted shoreline area.

What are some of your favorite activities to do as a Grapevine PARD volunteer?

Lake cleanups (our own area and with Lake Grapevine Runners and Walker along Horseshoe Trail), the Parks & Recreation Advisory Board and the Daddy Daughter Dance.

What are you planning to do next?

Continue what we have been doing and step up when other opportunities present themselves. I've recently become a member of VIPS (Volunteers in Police Service).

Why do you choose to donate your time to us?

Grapevine is a great city and we want to try to make it even better. It is rewarding to hear people talk about how much they love the city and we know we're a small part of that.

What would you tell someone who is thinking about volunteering for us?

The Parks & Recreation Department makes it easy to get involved. They encourage people to do the kinds of things they like to do and are comfortable with. They provide support to make it easy. They recognize volunteers' involvement and time commitment. They make it fun.

Come Celebrate With Us!



INDOOR PLAY PARTY (\$150)

Package Includes:

- Two (2) hour party room rental
- One (1) hour private play in the Indoor Play area or Gym
- Outside food allowed in party room
- Party Attendant
- Package includes 16 children
- Maximum of 24 children
- \$10 fee per each additional child over the first 16 children

OPEN SWIM PARTY (\$175)

Package Includes:

- Two (2) hour party room rental
- One (1) hour of swimming
- Outside food allowed in party room
- Party Attendant
- Package includes 16 children
- Maximum of 24 children
- \$10 fee per each additional child over the first 16 children
- Parent must accompany children 9 and under in the water

Additional information:

- All parties must be paid at time of reservation.
- Children under age 9 must be accompanied by an adult (age 16 or older) in the water
- Additional party guests must be paid for 15 minutes prior to end of party.
- We ask that parties arrive no more than 15 minutes before the scheduled party time and area must be vacated on time.

• Party times:

Friday: 4:00–6:00 PM

Saturday: 11:00 AM–1:00 PM, 1:30–3:30 PM, 4:00–6:00 PM

Sunday: 1:30–3:30 PM, 4:00–6:00 PM

For additional information on any rental please contact Michele Friedman at mfriedman@grapevinetexas.gov or at 817-410-3455. For private pool rental info, see pg. 16.

Host your next event with us!

ROOM RENTALS:

Enjoy The REC experience by hosting your next event with us! Minimum two (2) hours per rental. Rental cancellation must be made within 14 days to receive full refund.

For additional information on any rental, please contact Michele Friedman at mfriedman@grapevinetexas.gov or at 817.410.3455.	Facility Capacity	Member Hourly Fee	After Hours Member Hourly Fee	Non-Member Hourly Fee	After Hours Non-Member Hourly Fee	2-hour Rental Minimum
THE REC OF GRAPEVINE						
Arts & Crafts Room	40	\$45.00	-	\$55.00	-	Y
Stage/Classroom	40	\$45.00	-	\$55.00	-	Y
Conference Room	20	\$45.00	-	\$55.00	-	Y
Dance Room	30	\$45.00	-	\$55.00	-	Y
Exercise Studio A	50	\$55.00	-	\$65.00	-	Y
Exercise Studio B	30	\$45.00	-	\$55.00	-	Y
Exercise Studio C	30	\$45.00	-	\$55.00	-	Y
Basketball Court*	1/2 Court	\$55.00	-	\$65.00	-	-
*After-hour court rental includes both courts.	Full Court	\$100.00	\$125.00	\$110.00	\$175.00	Y
The REC - Dry (includes racquetball courts, basketball gyms and gameroom)	200	-	\$250.00	-	\$300.00	Y
The REC - Dry/Wet* (includes the above plus pool area)	300	-	\$500.00	-	\$550.00	Y
*For each additional 50 guests, a \$25 hourly fee will be charged.						
Event Hall A	90	\$75.00	-	\$100.00	-	Y
Event Hall A with Kitchen*	90	\$100.00	-	\$125.00	-	Y
Event Hall B	90	\$75.00	-	\$100.00	-	Y
Entire Event Hall (A & B)	200	\$200.00	\$250.00	\$250.00	\$300.00	Y
*Use of kitchen by licensed caterers only						
Indoor Party Rentals	Persons	Party Fee	*Additional Information			
Private Pool Party Rental Times: Fri & Sat: 6:30-8:30 PM						
Private Pool Party	75	\$400.00	Party Rooms A & B, Outside food allowed in party rooms only; Any parties larger than 150 guests must call coordinator for pricing.			
Private Pool Party	150	\$600.00				
Open Swim Party*	16	\$175.00	Party room, 1 hr in pool, 1 assistant to help set/up and clean up; Outside food allowed in party room only; Parent must accompany children 9 and under in the water. Maximum of 24 party participants.			
Party Rental Times: Fri: 4:00-6:00 PM; Sat: 11:00 AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM; Sun: 1:30-3:30 PM, 4:00-6:00 PM						
Indoor Play Party*	16	\$150.00	Party room, 1 hr in indoor play structure OR gym, 1 assistant to help set/up and clean up; Outside food allowed in party room only. Maximum of 24 party participants.			
*For each additional guest, a \$10 fee per person will be charged; max 24 guests.						



Rent a Park Facility

Grapevine residents and non-residents may reserve outdoor pavilions at Parr Park, Dove Park, Heritage Park, Bear Creek Park and Pickering Park. Trawick, Jackson and Meadowmere Park Pavilions are on Lake Grapevine and accommodate large parties.

For indoor facilities, the Bessie Mitchell Meeting Facility and Merlot Community Rooms are available for Grapevine residents and businesses only.

For information on these facilities, please call 817.410.3470 or email srich@grapevinetexas.gov.

Weddings at Botanical Gardens

\$400/3 hrs (Grapevine residents only)
Grapevine residents (only) may reserve their wedding at the Botanical Gardens in Heritage Park. For more information, please call 817.410.3470.

Small Park Pavilions

Dove Park Pavilion – North

(residents) \$30/3 hrs (\$10 each additional hr)
(non-residents) \$40/3 hrs (\$15 each additional hr)

Heritage Park Pavilion

(residents) \$30/3 hrs (\$10 each additional hr)
(non-residents) \$40/3 hrs (\$15 each additional hr)

Bear Creek Pavilion

(residents) \$30/3 hrs (\$10 each additional hr)
(non-residents) \$40/3 hrs (\$15 each additional hr)

Parr Park Playground Pavilion

(residents) \$45/per timeslot*
(non-residents) \$60/per timeslot*

Parr Park Sprayground Pavilion

(residents) \$45/per timeslot*
(non-residents) \$60/per timeslot*

*Timeslots: 8:00-11:00 AM, 12:00-3:00 PM or 4:00-7:00 PM

Large Park Pavilions

Parr Park Pavilion

(residents) \$100/3 hrs (\$20 each additional hr)
(non-residents) \$150/3 hrs (\$25 each additional hr)

Pickering Park Pavilion

(residents) \$100/3 hrs (\$20 each additional hr)
(non-residents) \$150/3 hrs (\$25 each additional hr)

Casey's Clubhouse Pavilion

North or South Cabana
(residents) \$45 or \$90 for both/exclusive use
(non-residents) \$60 or \$120 for both/exclusive use
Time Slots: 8:00-11:00 AM, 12:00-3:00 PM, 4:00-7:00 PM

Lake Parks Pavilions

Trawick Pavilion

(Grapevine residents) \$350/day
(non-residents Mon-Thur) \$350/day
(non-residents Fri, Sat, Sun) \$390/day

Jackson Pavilion

(Grapevine residents) \$350/day
(non-residents Mon-Thur) \$350/day
(non-residents Fri, Sat, Sun) \$390/day

Meadowmere Park Pavilion

Mar 1-Sept 30 Rates
(Grapevine residents) \$275/day
(non-residents) \$325/day
Please call 817.410.3470 for AM and PM Rates.

For the Jackson, Trawick and Meadowmere Pavilions, all paid reservations canceled prior to 14 days from date of event will have a \$25 cancellation fee. Any cancellations within 14 days of the rental will have a \$100 cancellation fee. This is a cancellation for any reason, including weather. Rain checks accepted. The Jackson and Meadowmere Park pavilions are not reservable on holiday weekends. All Lake Park pavilions are not reservable on Jul 4.

For the Vineyards Campgrounds & Cabins reservations, please call 817.329.8993.

Indoor Rental Facilities

Bessie Mitchell Facility

\$100/2 hr (Grapevine residents only)*
\$50 each additional hr

Merlot Community Room

\$100/2 hr (Grapevine residents only)*
\$50 each additional hr

*Rates subject to change.

For more information regarding rental facilities, please visit playgrapevinereg.com or call 817.410.3470.



POOL HOURS

MONDAY-THURSDAY

5:00 AM-8:00 AM Self Directed Fitness*
8:00 AM-11:00 AM Fitness & Programs*
11:00 AM-4:00 PM Self Directed Fitness*
4:00 PM-8:00 PM Open Swim and Programs

FRIDAY

5:00 AM-8:00 AM Self Directed Fitness*
8:00 AM-11:00 AM Fitness & Programs*
11:00 AM-4:00 PM Self Directed Fitness*
4:00 PM-6:00 PM Open Swim and Slides

SATURDAY

7:00 AM-11:00 AM Fitness and Programs
11:00 AM-6:00 PM Open Swim and Slides

SUNDAY

12:00 PM-6:00 PM Open Swim and Slides



HOLIDAY HOURS

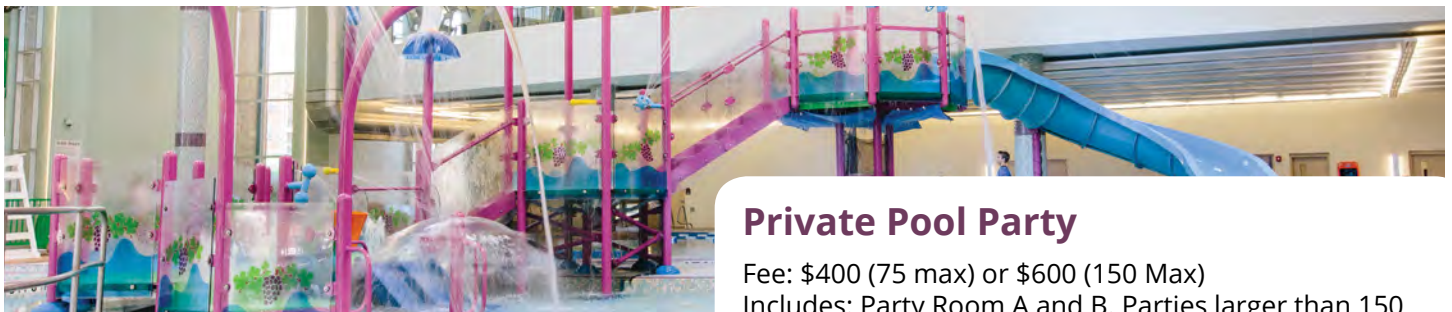
Dec 21-23 11:00 AM-8:00 PM
Dec 24-25 REC Closed
Dec 26-27 Normal Weekend Hours
Dec 28-31 11:00 AM-8:00 PM
Jan 1 REC Closed
Jan 2-3 Normal Weekend Hours
Jan 4 Begins Normal Weekday Hours

SPRING BREAK HOURS

Mar 14-17 11:00 AM-8:00 PM
Mar 18 11:00 AM-6:00 PM

PLEASE NOTE:

*Self directed fitness is for ages 16 and up. Lap swimming is available at all times the pool is open. Swimmers should circle swim and share lanes. Due to programs, the number of lap lanes may be reduced. Ask staff for more information.



POOL & PARTY ROOM RENTALS

Open Swim Party • Fee: \$175

Includes: Party Room A or B, Pool Passes for up to 16 guests (\$10 for additional party participant).
Max of 24 party participants.

Fri: 4:00-6:00 PM

Sat: 11:00 AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM

Sun: 1:30-3:30 PM, 4:00-6:00 PM

Private Pool Party

Fee: \$400 (75 max) or \$600 (150 Max)

Includes: Party Room A and B. Parties larger than 150 guests will need to call the party coordinator for pricing and availability.

Fri: 6:30-8:30 PM • Sat: 6:30-8:30 PM

Private Pool Parties MUST be made at least 2 weeks in advance. Every person entering facility area is counted. Pool is cleared 15 minutes before end time.

PLEASE NOTE:

- All parties must be paid at time of reservation.
- Children under age 9 MUST be accompanied by an adult (over age 16) in the water.
- Height requirement for Tower Slides is 42 inches.
- Additional party participants must be paid for 15 minutes prior to end of party.
- Flotation devices must be US Coast Guard approved.



Now hiring for Summer 2016! Rescue Us! Join the Aquatics Team!

Lifeguards • Cashiers • Swim Lesson Instructors • Swim Lesson Aides
Apply NOW at grapevinetexas.gov • Certification Class Information 817.410.3461

American Red Cross Lifeguard Certification

Interested in a great job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Class is in blended learning format with a combination of online and classroom skills. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

Females must wear a 1 piece swimsuit.

Prerequisites:

Minimum age of 15 years old.

1. 300 yard swim without stopping, in the following order, 100 freestyle, 100 breaststroke, and 100 of your choice.

2. Tread water for 2 minutes without support and without stopping while your head remains above the surface. When treading, only the legs can be used.

3. Starting in the water, swim 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim to the starting point.

Must complete all prerequisite skills on the first class day.

Site: The REC Pool

Fee: \$200

Dates/Times/Code:

Mar 14-18 9:00 AM-5:00 PM 523000-03

off site deep water training facility time/date TBA

American Red Cross Water Safety Instructor (WSI) Certification

Learn to teach all ages to swim and give water safety presentations. It's a fun and meaningful job that is in high demand. Plus, once certified, you can apply to work with the City of Grapevine in our Learn to Swim Program as a Swim Lesson Instructor.

Females must wear a 1 piece swimsuit.

Prerequisites:

Minimum age of 16 years old.

1. Demonstrate proficiency in six strokes: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke and butterfly - 25 yards per stroke.

2. Tread water for 1 minute

Site: The REC Pool

Fee: \$200

Dates/Times/Code:

Mar 14-18	12:00-5:00 PM	532000-03
May 2-6	4:00-9:00 PM	532000-05

Swim Lesson Aide (SLA) Certification

A training experience designed to prepare advanced swimmers to assist an Instructor with a class.

Candidates will focus on strokes, skills, administrative duties, proper equipment usage. For certification, each student must be 10 years old, pass a swim test and complete volunteer teaching assignments. After receiving certification, those ages 12 and up are eligible to volunteer. Those 15 and older may apply for employment.

Females must wear a 1 piece swimsuit.

Site: The REC Pool

Fee: \$45 Mem • \$55 Non Mem

Dates/Times/Code:

May 10-11	5:30-7:30 PM	532200-05
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COMING SOON
SUMMER 2016

AQUATIC SPECIAL EVENTS

Paddle Board Yoga – NEW

Fee: Mem \$90 • Non Mem \$100

Find your floating balance on board; focus, breathe and relax on a stand up paddleboard and experience a new way to do yoga. SUP Yoga, or standup paddle yoga, is the hottest new activity on the water and open to anyone and everyone- first time yoga students and paddlers alike. Your host, a local paddle pro from DFW Surf, will be hosting a SUP Yoga experience every weekend, a 1 hour class time, part of a 4 week course at Pleasant Glade Pool. Get on Board!

Jun (4, 11, 18, 25)	521000-06	10:00–11:00 AM
Jul (9, 16, 23, 30)	521000-07	10:00–11:00 AM
Aug (6, 13, 20, 27)	521000-08	10:00–11:00 AM

Wettest Egg Hunt

Saturday, Mar 12, 6:30-8:30 PM

Mem – FREE • Non Mem - \$5

Hunt for eggs in the pool. Egg hunts are based on age groups.

April Pools Day

Friday, Apr 1, 4:00–8:00 PM

Mem – FREE • Non Mem - \$5

Water Safety Day at the pool. Demonstrations & educational activities about being safe in the water.

Toddler Splash Time

Mon, Wed, Fri, 10:00 AM–12:00 PM

Mem – FREE • Non Mem - \$10

Parent free with paying child. Only the splash pool is open to children at this time. Ages 0-5 years.



AQUATIC FITNESS AT THE REC

Sunrise Water Aerobics – NEW

Fee: Mem \$70 • Non Mem \$80

Start your day off with a high intensity, low impact workout. Great cardio, strength and interval training.

Lunch Crunch – NEW

Fee: Mem \$35 • Non Mem \$45

The best 30 minutes of your day. Using the resistance of the water for a low impact and fun workout.

Water Aerobics – NEW

Fee: Mem \$35 • Non Mem \$45

Cardio, strength, abs, arms and legs. This is a complete workout without stress on your joints.

H2O Fit and Aqua Pilates

Fee: Mem \$35 • Non Mem \$45

Interval and strength workout combined with Pilates core training. The best of both worlds.

Aqua Tabata

Fee: Mem \$35 • Non Mem \$45

Latest trend in fitness, high intensity intervals, minimal choreography and maximum results.

River Aerobics - Saturdays Only

Fee: Mem \$20 • Non Mem \$30

Take advantage of our indoor river. Build strength and endurance as you go with & against the current.

CLASS	JAN SESSION 01		FEB SESSION 02		MAR SESSION 03		APR SESSION 04	
Sunrise Aerobics	5:30am-6:20 AM		5:30am-6:20 AM		5:30am-6:20 AM		5:30am-6:20 AM	
	Mon - Thu	500530	Mon - Thu	500530	Mon - Thu	500530	Mon - Thu	500530
Lunch Crunch	12:00-12:30 PM		12:00-12:30 PM		12:00-12:30 PM		12:00-12:30 PM	
	Mon - Thu	500120	Mon - Thu	500120	Mon - Thu	500120	Mon - Thu	500120
Water Aerobics	9:30-10:20 AM		9:30-10:20 AM		9:30-10:20 AM		9:30-10:20 AM	
	Mon/Wed	500930	Mon/Wed	500930	Mon/Wed	500930	Mon/Wed	500930
H2O Fit and Pilates	10:00-10:50 AM		10:00-10:50 AM		10:00-10:50 AM		10:00-10:50 AM	
	Tue/Thu	506100	Tue/Thu	506100	Tue/Thu	506100	Tue/Thu	506100
	7:00-7:50 PM		7:00-7:50 PM		7:00-7:50 PM		7:00-7:50 PM	
	Mon/Wed	506700	Mon/Wed	506700	Mon/Wed	506700	Mon/Wed	506700
Aqua Tabata	6:00-6:50 PM		6:00-6:50 PM		6:00-6:50 PM		6:00-6:50 PM	
	Mon/Wed	507700	Mon/Wed	507700	Mon/Wed	507700	Mon/Wed	507700
River Aerobics	10:00-10:50 AM		10:00-10:50 AM		10:00-10:50 AM		10:00-10:50 AM	
	Sat	506701	Sat	506701	Sat	506701	Sat	506701

LEARN-TO-SWIM PROGRAM

Observation Policy

To ensure your child success and limit distractions, parents and visitors are required to stay in the designated seating area.

Cancellation and Transfer Policy

Due to the high demand for roster spots and scheduling issues, any cancellations or transfers not initiated by Grapevine Aquatics or an instructor will be assessed an \$8 fee. No transfers or cancellations one week before class begins for ALL classes.

Weather Policy

Pool will be cleared for inclement weather. If 20 minutes of class has been completed, then class counts as completed; if less than 20 minutes then a prorated refund will be issued for class.

Swim Lesson Wait List

If the class is full; please ask to be added to the wait list. There is no fee for waitlist registrations. We will contact you if a spot opens up in the class.

LEARN TO SWIM OFFICE: 817.410.3461

Outdoor Only for Summer 2016

Group Lesson

Indoor Fees (Jan-Apr)

REC Mem: \$45

Non-Mem: \$55

Summer Fees (May-Aug)

Resident: \$45

Non-Resident: \$55

Class info: Course descriptions below are skills a participant must master prior to the end of a session to receive certification for that level. In order for class to "make" a minimum of four participants are required.

Min: 4 Max: 6

1:6 max ratio

Semi-Private Lessons

Indoor Fees (Jan-Apr)

REC Mem: \$70

Non-Mem: \$85

Summer Fees (May-Aug)

Resident: \$70

Non-Resident: \$85

Semi- Private Lessons: Smaller class size will allow your child to progress at a faster pace and get more individual attention. In order for class to "make" a minimum of two participants are required.

Min: 2 Max: 3 1:3 max ratio

Private Lessons

Indoor Fees (Jan-Apr)

REC Mem: \$100

Non-Mem: \$120

Summer Fees (May-Aug)

Resident: \$100

Non-Resident: \$120

Private Lessons: Receive one-on-one attention to enhance instruction of swimming skills for your child. Private lessons are held at the pools during regular lesson times. 4 classes total.

1 student and 1 instructor

Water Babies

Ages: 0-35 mo

Indoor Fees: \$25 REC Mems • \$35 Non-Mems

Summer Fees: \$25 Resident • \$35 Non-Resident

Introduces infants, toddlers and their parents to basic water adjustment and safety through play. Playful learning has been proven to produce positive experiences in the water and builds self-confidence. Parent accompanies child in to the water.

- Bubbles and going under
- Entering/exiting the pool safely
- Parent holding positions
- Floats ,kicks and arm strokes

Semi-Private Water Tots

Ages: 18-35 mo

This class is designed for children already comfortable in the water, ready to transition to a group setting, and accustomed to being away from parents for at least 30 minutes. Small class size will use games and songs to build skills. Parents are not permitted to accompany child to class or in the water. Offered as a Semi Private Lesson only.

- Water adjustment
- Submerge face
- Floats and kicks

Semi Private Fearless Fish

Ages: 3-5 yrs

For children who feel anxious about the water and those afraid of water. This class is designed to give students special attention to help overcome their apprehension. Less focus on skills, more encouragement to have fun in the water.

- Flutter kick
- Front and back glides
- Push off side

LEARN TO SWIM

FREE Level Placement Testing

Apr 9 and May 7 at The REC • 9:00-11:00 AM

Our staff will evaluate your child and assist you with registration

Water Bugs 1

Ages: 3-4 yrs

All skills are done with support.

- Water adjustment
- Fully submerge face
- Floats and kicks
- Bubbles

Water Bugs 2

Ages: 3-4 yrs

Children are encouraged to work independently.

- Breath control
- Flutter kick
- Glides
- Push off side and swim

Tadpole (Level 1) Intro to Swim Skills

Ages: 4 yrs & up

- Swim front crawl 5 feet
- Front glide 5 feet
- Back glide 5 feet
- Front float 5 seconds

Guppy (Level 2) Basic Swim Skills

Ages: 5 yrs & up

- Front glide 10 feet
- Back glide 10 feet
- Back float 10 seconds
- Swim front crawl 10 feet

Minnow (Level 3) Intermediate Swim Skills

Ages: 6 yrs & up

- Front crawl 15 yards with side breathing
- Backstroke 15 yards
- Elem. Backstroke kick 15 yards
- Breaststroke kick 15 yards

Dolphin (Level 4) Advanced Swim Skills

Ages: 7 yrs & up

- Freestyle 25 yards
- Backstroke 15 yards
- Breaststroke 15 yards
- Butterfly 15 yards

Whale (Level 5) Enhanced Swim Skills

Ages: 8 yrs & up

- Freestyle 50 yards (2 laps)
- Backstroke 50 yards
- Breaststroke 25 yards
- Butterfly 25 yards

Shark (Level 6) Expert Swim Skills

Ages: 9 yrs & up

- Freestyle 100 yards with flip turn
- Backstroke 50 yards with flip turn
- Breaststroke 50 yards
- Butterfly 50 yards

Semi Private Diving

An introduction to formal diving. We will start with beginning fundamentals of a knee dive and work up to a spring board dive from the diving board. We will continue with skills such as pike and tuck dives. This class is only offered at Dove Waterpark due to depth requirements and use of springboard diving board.

JR. Guard

Ages 10 yrs & up

Designed to introduce lifeguarding skills and knowledge to advanced swimmers. Participants will be using lifeguard equipment, practicing CPR skills and mock scenarios to prepare for a future in lifeguarding and will receive a student workbook. Please bring a pen, towel and goggles. **Females must wear a one piece swimsuit.**

This is NOT a lifeguard certification class.

Prerequisite:

100 freestyle

100 breaststroke

Fee: \$70 Residents • \$80 Non-Residents

Jr. Guard is offered at both pools. Refer to class schedule for times and dates.



Spring Classes at The REC

Saturday Classes	Jan 9 - 30		Feb 6 - 27		Mar 5 - 26		Apr 2 - 23	
	Sat	Session 01	Sat	Session 02	Sat	Session 03	Sat	Session 04
Water Babies	9:00 AM	547900	9:00 AM	547900	9:00 AM	547900	9:00 AM	547900
Private Lessons	9:00 AM	540900	9:00 AM	540900	9:00 AM	540900	9:00 AM	540900

Saturday Classes	Jan 9 - Feb 27		Mar 5 - Apr 23	
	Saturdays	Session 01	Saturdays	Session 03
Semi Private Water Tots	10:10 AM	548101	10:10 AM	548101
Semi Private Preschool	9:35 AM	549935	9:35 AM	549935
Semi Private Level 1	9:00 AM	541900	9:00 AM	541900
Semi Private Level 2	10:10 AM	542101	10:10 AM	542101

Tue/Thu Classes	Jan 5-28		Feb 2-25		Mar 1-31*		Apr 5-28	
	Tue/Thu	Session 01	Tue/Thu	Session 02	Tue/Thu	Session 03	Tue/Thu	Session 04
Semi Private Water Tots	5:35pm	538535	6:45pm	538645	5:35pm	538535	6:45pm	538645
Semi Private Preschool	5:00pm	539500	6:10pm	539610	5:00pm	539500	6:10pm	539610
Semi Private Level 1	6:10pm	531610	7:20pm	531720	6:10pm	531610	7:20pm	531720
Semi Private Level 2	6:45pm	532645	5:00pm	532500	6:45pm	532645	5:00pm	532500
Semi Private Level 3	7:20pm	533720	5:35pm	533535	7:20pm	533720	5:35pm	533535
Semi Private Level 4	5:00pm	534500	6:10pm	534610	5:00pm	534500	6:10pm	534610
Group Water Bug 1	6:10pm	538061	7:20pm	538072	6:10pm	538061	7:20pm	538072
Group Water Bugs 2	6:45pm	539064			6:45pm	539064		
Group Level 1	5:35pm	531053	6:45pm	531064	5:35pm	531053	6:45pm	531064
Group Level 2	7:20pm	532072	5:35pm	532053	7:20pm	532072	5:35pm	532053

*NO CLASSES Mar 15 or 17 due to Spring Break.



GRAPEVINE TOWNE CENTER

grapevinetownecenter.com

Intersection of SH-114,
William D. Tate and SH-26

PROUD SPONSOR OF GRAPEVINE PARKS & RECREATION



BEALLS



BUSY  BODY



Bealls • Office Depot • Big Lots • Hallmark • Recept Pharmacy • Ross • Barbeques Galore • Sprint
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Management 214.954.0300

DOVE WATERPARK

Registration for Summer 2016 begins Feb 1 for Residents, Apr 1 for Non Residents

DOVE WATERPARK	Jun 6-9	Jun 13-16	Jun 20-23	Jun 27-30	Jul 11-14	Jul 18-21	Jul 25-28	Aug 1-4	Aug 8-11	Aug 15-18
	5:35 PM	5:35 PM	5:35 PM	5:35 PM	5:35 PM	5:35 PM	5:35 PM	5:35 PM		
	510535-1A	510535-1B	510535-2A	510535-2B	510535-3A	510535-3B	510535-4A	510535-4B		
			6:45 PM	6:45 PM	6:45 PM	6:45 PM	6:45 PM	6:45 PM	6:10 PM	6:10 PM
			510645-2A	510645-2B	510645-3A	510645-3B	510645-4A	510645-4B	510610-5A	510645-5B

Water Babies (Mom, Dad and Me) • 1 week Mon-Thu • Parent required in pool with child

LEVEL	Jun 6-16 Session 11		Jun 20-30 Session 12		Jul 11-21 Session 13		Jul 25 - Aug 4 Session 14		Aug 8-18 Session 15	
Semi Private Water Tots	9:00 AM	518900	9:00 AM	518900	9:35 AM	518935	9:00 AM	518900	5:35 PM	518535
	10:10 AM	518101	9:35 AM	518935	5:35 PM	518535	5:00 PM	518500	6:10 PM	518610
	5:00 PM	518500	5:00 PM	518500	6:10 PM	518610	5:35 PM	518535		
	5:35 PM	518535	5:35 PM	518535			6:10 PM	518610		
	6:10 PM	518610	6:10 PM	518610						
Semi Private Preschool Water Bugs	9:00 AM	519900	9:00 AM	519900	9:00 AM	519900	9:00 AM	519900	5:35 PM	519535
	10:10 AM	519101	10:10 AM	519101	10:10 AM	519101	5:00 PM	519500	6:10 PM	519610
	5:00 PM	519500	5:00 PM	519500	5:00 PM	519500	5:35 PM	519535	6:45 PM	519645
	5:35 PM	519535	5:35 PM	519535	6:10 PM	519610	6:10 PM	519610		
	6:45 PM	519645	6:45 PM	519645						
Semi Private Level 1 Tadpole	9:00 AM	511900	9:00 AM	511900	10:10 AM	511101	9:35 AM	511935	5:00 PM	511500
	9:35 AM	511935	9:35 AM	511935	5:00 PM	511500	5:00 PM	511500	6:10 PM	511610
	5:00 PM	511500	5:00 PM	511500	5:35 PM	511535	6:10 PM	511610	6:45 PM	511645
	6:10 PM	511610	5:35 PM	511535	6:45 PM	511645				
	6:45 PM	511645	6:45 PM	511645						
Semi Private Level 2 Guppy	9:00 AM	512900	9:00 AM	512900	10:10 AM	512101	9:00 AM	512900	5:00 PM	512500
	10:10 AM	512101	9:35 AM	512935	5:35 PM	512535	6:45 PM	512645	5:35 PM	512535
	5:35 PM	512535	5:35 PM	512535	6:45 PM	512645			6:45 PM	512645
	6:45 PM	512645	6:45 PM	512645						
Semi Private Level 3 Minnow	9:00 AM	513900	9:00 AM	513900	9:00 AM	513900	11:10 AM	513110	5:00 PM	513500
	5:00 PM	513500	5:00 PM	513500	5:35 PM	513535	5:00 PM	513500	5:35 PM	513535
	6:10 PM	513610	6:10 PM	513610	6:10 PM	513610	6:45 PM	513645	6:10 PM	513610
Semi Private Level 4 Dolphin	9:35 AM	514935	9:35 AM	514935	9:35 AM	514935	5:35 PM	514535	5:00 PM	514500
	5:35 PM	514535	5:35 PM	514535	5:00 PM	514500			6:45 PM	514645
	6:10 PM	514610			6:10 PM	514610				
Semi Private Level 5 Whale	9:00 PM	515900	6:45 PM	515645	10:10 AM	515101	6:10 PM	515610	6:45 PM	515645
	06:10 PM	515610			5:00 PM	515500				
Semi Private Level 6 Shark	10:10 AM	516101	6:10 PM	516610	9:35 AM	516935	5:00 PM	516500	5:35 PM	516535
	6:10 PM	516610			6:10 PM	516645	6:45 PM	516645		

DOVE WATERPARK

Registration for Summer 2016 begins Feb 1 for Residents and Apr 1 for Non Residents.

Level	Jun 6-16 Session 11		Jun 20-30 Session 12		Jul 11-21 Session 13		Jul 25 - Aug 4 Session 14		Aug 8-18 Session 15	
Preschool Water Bugs 1	9:35 AM	519093	9:35 AM	519093	6:45 PM	519064	6:45 PM	519064		
	6:10 PM	519061	6:10 PM	519061						
Preschool Water Bugs 2	9:35 AM	508093	5:00 PM	508050	9:35 AM	508093	5:35 PM	508053	5:35 PM	508535
	5:35 PM	508053			6:10 PM	508061				
Level 1 Tadpole	10:10 AM	511010	10:10 AM	511010	9:00 AM	511090	6:45 PM	511064	6:45 PM	511064
	6:10 PM	511061	6:45 PM	511064	6:10 PM	511061				
Level 2 Guppy	10:10 AM	512010	10:10 AM	512010	9:35 AM	512093	9:35 AM	512093	5:00 PM	512050
	5:00 PM	512050	6:10 PM	512061	5:00 PM	512050	6:10 PM	512061		
Level 3 Minnow	9:35 AM	513093	9:35 AM	513093	10:10 AM	513010	6:45 PM	513064		
	5:00 PM	513050	5:00 PM	513050	5:00 PM	513050				
Level 4 Dolphin	10:10 AM	514010	10:10 AM	514010	5:35 PM	514053	9:00 AM	514090		
							6:10 PM	514061		
Level 5 Whale					9:00 AM	515090				
					5:35 PM	515053				
Level 6 Shark					5:00 PM	516050	10:10 AM	516010		
							6:10 PM	516061		
Diving			6:10 PM	538061			5:35 PM	538053		
Jr Guard					9:35 AM	522000			6:10 PM	522700

PRIVATE LESSONS Dove Waterpark

Monday -Thursday for 1 week.

30 minutes of one-on-one attention each day. We offer private lessons for all levels and ages.

Registration:

To register please call the Learn to Swim Office at 817.410.3461

Time	Code
9:00 AM	501900
9:35 AM	501935
10:10 AM	501101
5:00 PM	501500
5:35 PM	501535
6:10 PM	501610
6:45 PM	501645

Date	Session
6/6-6/10	1A
6/13-6/16	1B
6/20-6/23	2A
6/27-6/30	2B
7/11-7/14	3A
7/18-7/21	3B
7/25-7/28	4A
8/1-8/4	4B
8/8-8/11	5A
8/15-8/18	5B



PLEASANT GLADE POOL

Registration for Summer 2016 begins Feb 1 for Residents and Apr 1 for Non Residents.

PLEASANT GLADE POOL	Jun 6-9	Jun 13-16	Jun 20-23	Jun 27-30	Jul 11-14	Jul 18-21	Jul 25-28	Aug 1-4	Aug 8-11	Aug 15-18
	5:35 PM	5:35 PM	6:10 PM	6:10 PM	5:35 PM	5:35 PM	6:10 PM	6:10 PM		
	520535-1A	520535-1B	520610-2A	520610-2B	520535-3A	520535-3B	520610-4A	520610-4B		

Water Babies (Mom, Dad and Me) • 1 week Mon-Thu • Parent required in pool with child

LEVEL	Jun 6-16 Session 11		Jun 20-30 Session 12		Jul 11-21 Session 13		Jul 25 - Aug 4 Session 14		Aug 8-18 Session 15	
Semi Private Water Tots	10:00 AM	528100	10:00 AM	528100	10:00AM	528100	11:10 AM	528111	5:35 PM	528535
	5:00 PM	528500	5:00 PM	528500	5:00 PM	528500	5:00 PM	528500	6:45 PM	528645
	5:35 PM	528535	6:45 PM	528645	5:35 PM	528535	6:10 PM	528610		
	6:45 PM	528645			6:45 PM	528645				
Semi Private Preschool Water Bugs	10:00 AM	529100	10:00 AM	529100	10:35 AM	529103	10:00 AM	529100	5:00 PM	529500
	5:35 PM	529535	5:35 PM	529535	5:35 PM	529535	5:35 PM	529535	6:45 PM	529645
	6:10 PM	529610	6:10 PM	529610	6:10 PM	529610	6:45 PM	529645		
	6:45 PM	529645	6:45 PM	529645	6:45 PM	529645				
Semi Private Level 1 Tadpole	10:00 AM	521100	10:35 AM	521103	10:00 AM	521100	10:00 AM	521100	5:00 PM	521500
	11:10 AM	521110	11:10 AM	521110	11:10 AM	521110	5:00 PM	521500	5:35 PM	521535
	5:00 PM	521500	5:00 PM	521500	5:00 PM	521500	6:10 PM	521610	6:10 PM	521610
	6:10 PM	521610	5:35 PM	521535	6:10 PM	521610				
Semi Private Level 2 Guppy	10:35 AM	522103	10:35 AM	522103	10:00 AM	522100	6:10 PM	522610	5:00 PM	522500
	5:00 PM	522500	5:00 PM	522500	5:00 PM	522500	6:45 PM	522645	5:35 PM	522535
	6:10 PM	522610	6:10 PM	522610	6:10 PM	522610			6:10 PM	522610
	6:45 PM	522645	6:45 PM	522645	6:45 PM	522645				
Semi Private Level 3 Minnow	10:35 AM	523103	10:35 AM	523103	10:35 AM	523103	10:35 AM	523103	5:00 PM	523500
	11:10 AM	523110	11:10 AM	523110	11:10 AM	523110	6:10 PM	523610	5:35 PM	523535
	5:00 PM	523500	5:00 PM	523500	5:00 PM	523500	6:45 PM	523645		
Semi Private Level 4 Dolphin	11:10 AM	524110	11:10 AM	524110	11:10 AM	524110	10:35 AM	524103	6:10 PM	524610
	5:35 PM	524535	5:35 PM	524535	5:00 PM	524500	5:35 PM	524535		
	6:45 PM	524645	6:45 PM	524645	6:45 PM	524645	6:10 PM	524610		
Semi Private Level 5 Whale	10:00 AM	525100	10:00 AM	525100	10:00 AM	525100	10:00 AM	525100	6:45 PM	525645
	5:00 PM	525500	5:00 PM	525500	6:45 PM	525645	5:35 PM	525535		
Semi Private Level 6 Shark	10:00 AM	526100	10:00 AM	526100	10:00 AM	526100	11:10 AM	526110	6:10 PM	526610
	6:45 PM	536645			5:35 PM	526535	6:45 PM	526645		

PLEASANT GLADE POOL

Registration for Summer 2016 begins Feb 1 for Residents and Apr 1 for Non Residents.

Level	Jun 6-16 Session 11		Jun 20-30 Session 12		Jul 11-21 Session 13		Jul 25 - Aug 4 Session 14		Aug 8-18 Session 15	
Preschool Water Bugs 1	10:35 AM 529010 5:35 PM 529053		10:35 AM 529010 5:35 PM 529053		10:35 AM 529010 5:35 PM 529053					
Preschool Water Bugs 2	11:10 AM 528011 6:45 PM 528064		11:10 AM 528011 6:45 PM 528064		11:10 AM 528011 6:45 PM 528064		10:35 AM 528010 5:35 PM 528053		6:10 PM 528061	
Level 1 Tadpole	10:35 AM 521010 6:10 PM 521061		10:35 AM 521010 6:45 PM 521064		11:10 AM 521011 6:10 PM 521061		10:35 AM 521010 5:35 PM 521053		6:45 PM 521064	
Level 2 Guppy	11:10 AM 522011 5:35 PM 522053		11:10 AM 522011 6:10 PM 522061		10:35 AM 522013 5:35 PM 522053		11:10 AM 522011 6:45 PM 522064		5:35 PM 522053	
Level 3 Minnow	10:35 AM 523010 5:35 PM 523053		10:35 AM 523010 5:35 PM 523053		10:35 AM 523010 5:35 PM 523053		11:10 AM 523011 6:45 PM 523064		6:45 PM 523064	
Level 4 Dolphin			6:45 PM 524064		6:45 PM 524064		6:10 PM 524061			
Level 5 Whale					5:35 PM 525053		5:00 PM 525050			
Level 6 Shark					6:45 PM 526064		5:35 PM 526053			
Jr Guard	6:10 PM 534610		6:10 PM 534610		6:10 PM 534610					

PRIVATE LESSONS Pleasant Glade Pool

Monday -Thursday for 1 week.

30 minutes of one-on-one attention each day. We offer private lessons for all levels and ages.

Registration:

To register please call
The Learn to Swim Office at 817.410.3461

Time	Code
10:00 AM	502110
10:35 AM	502113
11:10 AM	502011
5:00 PM	502500
5:35 PM	502535
6:10 PM	502610
6:45 PM	502645

Date	Session
6/6-6/10	1A
6/13-6/16	1B
6/20-6/23	2A
6/27-6/30	2B
7/11-7/14	3A
7/18-7/21	3B
7/25-7/28	4A
8/1-8/4	4B
8/8-8/11	5A
8/15-8/18	5B

Grapevine Gators Summer Swim Team

The City's summer league team is the perfect opportunity for kids and adults to get in shape, have fun and try out competitive swimming. Swimmers have the opportunity to compete in four local meets, a regional qualifier meet and possibly qualify for the State meet which will be held in McAllen, Jul 28-31. Practices are held Monday-Friday at Pleasant Glade Pool. Registration will open Feb 1st for Residents, Apr 1st for Non Residents.

For more information: grapevinegators.com

Ages: 6 yrs & up (adults too!)

Practice Times:

May 23-Jun 3:

5:30-6:30pm (10 & under)
6:30-8:00pm (11-14 yrs old)
6:30-8:30pm (15 yrs & over)

Jun 6-Jul 27:

7-8:50am (13 yrs & over)
7-8:30am (11-12 yrs old)
8:50-9:40am (9-10 yrs old)
8:50-9:40am (8 yrs & under)

Class Code: 540000-10

Cost: Residents \$145 • Non Residents \$155



FITNESS

Personal Training

Experience a new exercise program that will take your fitness to the next level! Contact the Grapevine REC's staff of certified personal fitness trainers, then select a personal training package and save!

½ Hour Sessions- \$35

½ Hour Semi-Private Sessions- \$50 (price based on two people)

Personal Training Packages

Five, 30-minute sessions for \$170 (save \$5)

Ten, 30-minute sessions for \$330 (save \$20)

Fifteen, 30-minute sessions for \$465 (save \$60)

Twenty, 30-minute sessions for \$600 (save \$100)

Five semi-private sessions for \$245 (save \$5)

Ten semi-private sessions for \$480 (save \$20)

Fifteen semi-private sessions for \$675 (save \$75)

Twenty semi-private sessions for \$860 (save \$140)

To schedule your appointment with a personal trainer, contact Kelsey Benford at kbenford@grapevinetexas.gov or 817.410.3456.

COLEMAN COMPLETE FITNESS

Coleman Small Group Training - **NEW**

Prices are per person and must be paid , in full.
Small group training pricing and scheduling is
3-4 people who will train together.

10 Sessions: \$240

15 Sessions: \$355

20 Sessions: \$470

Coleman Cross Training

This class targets your entire body and is an excellent program for those who want to begin a workout routine or for those who want to be challenged. Larry will use his experience as a Master Fitness Specialist to take you through the latest exercises in the world of fitness, keeping your workouts fresh and your body feeling exhilarated.

Ages: 13 yrs & up

Days / Time: Mon, Wed, Fri / 9:00-9:45 AM

Code: 706222

Fee: Mem \$90 • Non Mem \$100

Instructor: Larry Coleman, CI, MPTR

Camp Coleman

Join us for a fitness boot camp unlike any you've experienced. Camp Coleman combines circuit training with cardio, weights, and ab work in one intense workout to help you reach and maintain your fitness goals. Whether your goal is to lose weight, tone, or just become more confident, this program is for you! Classes are fun, energizing, and diverse, and include a free initial and post boot camp assessment.

Ages: 13 yrs & up

Days / Time: Mon, Wed, Fri / 5:45-6:15 AM

Code: 706203

Fee: Mem \$90 • Non Mem \$100

Instructor: Larry Coleman, CI, MPTR

Insanity - **NEW INSTRUCTOR**

From the DVDs to The REC!! The revolutionary, cardio-based, total body-conditioning program is here! This calorie torching, shirt soaking workout is based on the principals of MAX Interval Training. You'll be ripping through the most heart-pumping, muscle shredding, sweat dripping, high-intensity cardio workout ever. It is designed to provide you a safe, challenging and results driven workout with no equipment necessary. Each move has a modification which makes this workout for anyone at any fitness level! Find out what you're really made of.

Ages: 16 yrs & up

Day / Time / Code

Tues, Thurs / 9:45-10:30 AM / 706310

Fee: Mem \$56 • Non Mem \$66

Thurs / 6:45-7:30 PM / 706510

Fee: Mem \$25 • Non Mem \$35

Instructor: Casey Walker, 2015 Beachbody Challenge Winner

Neal Smith's Youth Strength Training - **NEW**

This 30-minute class is designed for ages 13-17.

You will learn how to incorporate weights and cardio interval training in a manner that will improve strength, endurance, and confidence in your overall ability to be self-sufficient in the gym! Neal will keep a keen eye on form, understanding the importance in learning proper form as early as possible. As a former high school and college athlete, Neal understands the rigors those impose and will make sure the class has carryover into athletics.

Ages: 13-17 yrs

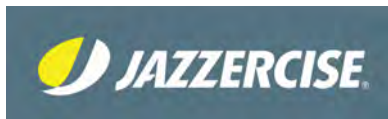
Day / Time

Mon / 4:30-5:15 PM & Sat / 9:00-9:45 AM

Code: 706226

Fee: Mem \$45 • Non Mem \$55

Instructor: Neal Smith, CPT



Jazzercise® Dance Fitness

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence? That's where we come in. Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise®. For more information, please contact Missy at 817.269.6477.

Days / Time:

Mon, Wed,	8:10 AM	9:15 AM	6:00 PM	
Tue, Thur		9:15 AM	6:00 PM	7:00 PM
Fri,	8:10 AM	9:15 AM		
Sat:	8:10 AM	9:15 AM		

Fees:

12 month: Monthly Price-\$39 • Joining Fee-\$30
6 month: Monthly Price-\$43 • Joining Fee-\$40

Personal Touch

Personal Touch is a program designed by Jazzercise to carry your fitness needs one step further. Personal Touch is an extended program to build muscle tone, strong bones and healthier eating habits. Each class concentrates on muscle building, nutrition and proper strength training techniques to help you lose inches and pounds. No aerobics involved. Open to non-jazzercise students.

Ages: 16 yrs & up

Day / Time / Code:

Wed / 7:00-7:50 PM / 706218

Fee: Mem \$40 • Non Mem \$50

Fri / 9:25-10:15 AM / 706506

Fee: Mem \$40 • Non Mem \$50

Instructor: Missy Hill

For more information, please contact Missy at 817.269.6477.

Email: grapevinejazz@verizon.net

Facebook: facebook.com/grapevinejazzercise

Website: jcls.jazzercise.com/facility/jazzercise-grapevine-community-center

Zumba®, Zumba®, Core Zumba®, Toning

Zumba® fitness started the dance-fitness revolution that changed the way "workouts" look and feel forever. It's fun, effective and best of all it's designed for everybody and every...body! Each class takes the "work" out of workout, by mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party. You will get a total workout, combining all elements of fitness: cardio, muscle conditioning and toning, balance, flexibility and boosted energy. Once the Latin and World rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise!

Ages: 16 yrs & up

Days / Time / Code

Mon / 7:15-8:15 PM / 706601

Tues, Thurs / 9:00-10:00 AM / 706604

Wed / 7:00-8:00 PM / 706606

Sat / 10:15-11:15 AM / 706706

Unlimited classes per month / 706400

Fees: \$35 for 1 class/wk, \$55 for 2 classes/wk, \$85 for unlimited classes/mo.

There is a \$10 class discount for REC Members

Instructor: Samantha Olson, Licensed Zumba Instructor

Get Fit LIVE!

Come join us for a GREAT overall workout! We will incorporate aerobic cardio and bodywork combos that are both fun AND challenging. We can start right where you are, but we will take you to where you want to be!

Ages: 16 yrs & up

Days: Mon, Fri / 8:30-9:15 AM

Fee: Mem \$35 • Non Mem \$45

Mon, Wed, Fri / 8:30-9:15 AM

Fee: Mem \$50 • Non Mem \$60

Code: 706205

Instructor: Patrece Coblentz, ACSM

GroupX

From free-style with free weights to Tabata and HIIT, GroupX mixes hard work and fun with a sense of community as you start where you are, getting fit and staying fit.

Ages: 15 yrs & up

Days / Time: Mon, Thur / 6:00-6:50 PM

Code: 706255

Fee: Mem \$20 • Non Mem \$30 for 4 classes/mo

Fee: Mem \$40 • Non Mem \$50 for 8 classes/mo

Instructor: Patrece Coblentz, ACSM



Functional Yoga - NEW

This class is a Hatha Yoga style class that focuses on strength, flexibility, breathing, balance, concentration and relaxation. Participants will see improved sports performance as well as their ability to do activities of daily living. Beginning to intermediate level.

Ages: 13 yrs & up

Days / Time: Mon, Wed / 5:30-6:30 PM
Code: 706807

2 classes/wk: Fee: Mem \$35 • Non Mem \$45

3 classes/wk: Fee: Mem \$45 • Non Mem \$55

Unlimited / 706810

Fee: Mem \$65 • Non Mem \$75

Sat Only: 9:00-10:00 AM / 706804

Fee: Mem \$10 • Non Mem \$20

Instructor: Mary Cunningham

Lunchbreak Yoga - NEW

Take a break from your day and spend lunch gaining strength and flexibility! Mondays and Wednesdays we will push ourselves to the next level and Fridays we will reward ourselves with a wonderful restorative style Yoga class! Beginning to intermediate levels.

Ages: 13 yrs & up

Days / Time: Mon, Wed, Fri / 12:00-12:50 PM
Code: 706808

Fee: Mem \$45 • Non Mem \$55

Happy Movements Therapeutic Yoga

Discover the power of going back to the basics as you move, breathe, and meditate to music. Join us for this slow-paced class that combines yoga with therapeutic exercises and progresses from week to week. Perfect for those new to yoga or someone looking for a less intense class. Visit HappyMovements.com for more information.

Ages: 18 yrs & up

Day / Time / Code:

Tue / 6:15-7:15 PM / 706303

Fee: Mem \$40 • Non Mem \$50 Instructor:
Natasha Carter, LAT, ATC, PYT-C

Yoga Flow

Each month will start by teaching basic alignment & form of selected poses, breath work & meditation. As we progress through the month, we will add poses and create a flow using these poses & synchronizing them with the breath. We will use warm up poses that allow you to stretch deeper & cool down poses that release the muscles and allow a deep relaxation in Savasana at the end of class. We start a new flow of poses each month. Yoga will not only build strength, flexibility & relaxation but is healing to the body & mind as well. No experience necessary, class is designed to give options for all levels. Drop-ins welcome.

Ages: 16 yrs & up

Days / Time: Tue, Thur / 8:30-9:30 AM

Fee: Mem \$50 • Non Mem \$60

Code: 706809

Instructor: Lynne Clem

Lynne@YogaInDFW.com

Yoga Basics 101 (6 wk series)

The ideal class for new students or those wanting to deepen their practice with emphasis on yoga history, benefits, technique, breathwork, easy meditation & more. Discover the health benefits of this ancient practice in a safe environment. Building strength, flexibility & relaxation...healing body & mind along the way. Yoga workbook included + 2 extra yoga classes.

Dates: Jan 13-Feb 17

Ages: 13 yrs & up

Day / Time: Wed / 7:00-8:00 PM

Code: 706100(01)

Fee: Mem \$79 • Non Mem \$89

Yoga Basics 102 (6 wk series)

Deepen your practice, experience [& health benefits] as we add more poses, chakras, yoga locks, meditation, 8 limb path of yoga, intro to Ayurveda, Mind-Body-Spirit connection, & much more. Yoga workbook included + 2 extra yoga classes.

Dates: Mar 23-Apr 27

Ages: 13 yrs & up

Day / Time: Wed / 7:00-8:00 PM

Code: 706100(03)

Fee: Mem \$79 • Non Mem \$89

Instructor: Lynne Clem

Lynne@YogaInDFW.com

Gladiator Fitness Camps

Camp Gladiator is an adult fitness camp that promises an intense, motivating and challenging environment where men and women of all ages and fitness levels can push themselves. Participants may attend ANY and ALL times for one low price. For more information and to register, visit campgladiator.com

Ages: 15 yrs & up

Location: Pickering Park

Days / Time: M, W, F / 9:15-10:15 AM

Instructor: Janet Fuller

janetfuller@campgladiator.com

Location: Parr Park

Days / Time: M, W, F / 8:30-9:30 AM

Instructor: Missy Cheatham

missycheatham@campgladiator.com

Location: Dove Park

Days / Time: Tue, Thur / 9:00-10:00 AM

Instructor: Cassie Canales

cassiecanales@campgladiator.com

Additional times/locations available on website.

Performance Cycling

Ride a different world-famous cycling course each session. Train to Race; drop your buddies on group rides; or lose weight accidentally while having fun in the comfort and safety of The REC. Bring your own bike and attach it to our electronic trainers and computer. The classes are designed to improve your fitness and road bike handling. All riding abilities from beginner to Pro-Racer will enjoy this class.

Ages: 10 yrs & up

(Under age 10 will want to discuss with Instructor)

Days / Times / Codes

Tues / 7:00-8:00 PM

Wed / 2:30-3:30 PM / 706334

Thurs / 7:00-8:00 PM / 706333

Fee: Mem \$60 • Non Mem \$70 / 4 sessions

Supplies: Road or Mountain Bicycle.

Computer controlled Electronic

Trainers provided by Instructor.

Instructor: Clarence Muller-USA

Cycling Certified Coach

Contact Clarence: 817.714.9620

WORKOUT WITH WENDY

Instructor: Wendy Dolan
WendyJD1@yahoo.com

PiYo Strength & Stretch

Everyday life can get crazy. PiYo Strength & Stretch is a relaxing combination of Pilates, yoga, floor barre and strength conditioning. Unique poses are incorporated to strengthen your core, help add flexibility to the muscles, improve your balance and overall fitness level. This class is a soothing way to end the day.

Ages: 13 yrs & up
Days / Time: Wed, 7:00-7:30 PM
Fees: Mem \$25 • Non Mem \$35
for 4 classes/mo
Code: 706602

Pilates Sculpt Express

Pressed for time? This quick 15-minute sculpting class focuses on strengthening and toning your upper body while engaging your core. Experts say weight-bearing exercise staves off the risk of osteoporosis, boosts your immune system and helps fast-track weight loss. 15 Minute Sculpt Express: Efficient and Effective!

Ages: 13 yrs & up
Days / Time: Mon and/or Thur 5:45-6:00 PM
Fees: Mem \$20 • Non Mem \$30
for 8 classes/mo
Fees: Mem \$10 • Non Mem \$20
for 4 classes/mo
Codes: Mon / 706223, Thur / 706608
Unlimited / 706610, 2 classes/week
Monthly

Saturday Morning Core Fusion - **NEW**

Jump start your morning with an energizing blend of Pilates and weight training exercises, mixed with a variety of equipment, to strengthen your core and chisel your body. This 30 minute class will keep your workout short and sweet!

Ages: 13 yrs & up
Days / Time: Sat / 9:00-9:30 AM
Fees: Mem \$22 • Non Mem \$32
for 4 classes/mo
Code: 706700

Lunchtime Cycling

Use your lunch break to get in shape! Build cardiovascular endurance, blast calories and build muscular strength. All levels are welcome.

Ages: 16 yrs & up
Days / Time: Fri / 12:00-12:45 PM
Fees: Mem \$28 • Non Mem \$38
for 4 classes/mo
Code: 706806

CYCLELATES

The perfect blend: Cycling and Pilates. Flatten your abs, build core strength and increase flexibility with Pilates mat exercises. Burn lots of calories, get lean and build cardiovascular strength with indoor cycling. Cyclelates incorporates 25

minutes of Pilates followed by 25 minutes of cycling, to challenge all fitness levels. Core and Cardio: Get it all accomplished in just one workout!

Ages: 16 yrs & up
Days / Time: Mon / 7:00-8:00 PM
Fees: Mem \$32 • Non Mem \$42
for 4 classes/mo
Code: 706251

POUND. rockout. workout.

This fun, easy-to-follow, cardio jam session combines light resistance, and constant simulated drumming, with Pilates, plyometrics and isometrics. Using lightly weighted drumsticks, turn into a calorie-torching drummer, sculpting infrequently used muscles. Bust calories and stress, strengthen and sculpt your arms, abs, thighs and glutes and drum your way to a leaner physique!

Ages: 13 yrs & up
Days / Time: Tue / 5:30-6:05 PM
Fees: Mem \$25 • Non Mem \$35
for 4 classes/mo
Code: 706306

Cycle Fusion

Take the incredibly effective, calorie-busting workout of cycling and fuse it with total body conditioning to create an amazing cross-training experience!

Ages: 16 yrs & up
Days / Time: Wed / 6:00-6:50 PM
Fees: Mem \$30 • Non Mem \$40
for 4 classes/mo
Code: 706308

Beginner Cycling

If you've always wanted to try an indoor cycling class, this 20-minute beginner class is for you! Beginner Cycling is particularly for those who want a basic introduction to indoor cycling. You'll select your own personal intensity level through body position and bike tension and ride at your own pace. Cycling is an effective, low impact way to build cardiovascular strength, burn calories, de-stress and have fun!

Ages: 13 yrs & up
Days: Mon or Mon / Thur
Time: 6:15-6:35 PM
Fees: Mem \$16 • Non Mem \$26/mo for 4 classes/mo
Mem \$30 • Non Mem \$40/mo for 8 classes/mo
Code: 706225

Saturday Morning Cycling

Rise and shine with this high energy workout to start your weekend! Nothing beats a cycling class for a low-impact, invigorating, calorie-crushing workout. With the lights off, fans blowing and music rockin', this class is the perfect way to get strong and lean and build cardiovascular endurance. Get in, get sweaty and get on with your day!

Ages: 16 yrs & up
Days / Time: Sat / 8:00-8:50 AM
Fees: Mem \$30 • Non Mem \$40
for 4 classes/mo
Code: 706616

Pilates I

Anyone can do Pilates and achieve amazing results. Pilates offers an effective method of cross-training that can enhance your performance in sports activities and all other workouts. This class incorporates Pilates mat and floor barre exercises that will strengthen your core muscles and help you tone your body, flatten your abs and increase your flexibility, balance and stamina. Pilates I will revitalize you and transform the way your body looks, feels and performs!

Ages: 13 yrs & up
Days / Time: Mon and/or Thur 5:10-5:40 PM
Fees: Mem \$22 • Non Mem \$32/mo for 4 classes/mo
Mem \$40 • Non Mem \$50/mo for 8 classes/mo
Code: 706204

Pilates II – Strength & Core

Shape & tone your muscles and core: With music pumping, this energizing 30-minute class fuses intermediate Pilates sculpting exercises with upper body strength training. Leave feeling strong and invigorated!

Ages: 13 yrs & up
Days / Time: Wed / 5:10-5:40 PM
Fee: Mem \$22 • Non Mem \$32
4 classes/mo
Code: 706403

Pilates III – Core & Glutes Sculpt

Strengthen, Sculpt and Reshape your body. This 30-minute class fuses a concentrated sequence of Pilates sculpting exercises and floor barre with advanced lower body exercises. Get ready to be transformed!

Ages: 16 yrs & up
Days / Time: Mon / 7:00-7:30 PM
Fee: Mem \$25/mo • Non Mem \$35/mo for 4 classes/mo
With Sculpt Express: Mem \$32 • Non Mem \$42/mo
Code: 706214

Kali Combat

Kali Combat is a strictly combat-oriented system derived from the Filipino martial art Pekiti-Tirsia Kali. It is a fighting system that focuses on the knife, single stick, double stick, and empty hand. You will learn effective self-defense, hand eye coordination, motor skills, muscle memory, fitness, and self-discipline.

Fee: Mem \$55 • Non Mem \$65

Ages: 13 yrs & up

Day/Time: Mondays/6-7PM

Code: 706714

Combo Class •

Fee: Mem \$85 • Non Mem \$95

Day/Time: Mondays/6-7PM

Teen & Adult Karate & Kali Combat

Code: 706717

Kali-4-Kids

Kali-4-Kids is a system rooted deep in the history of the indigenous cultural art of the Philippines, and designed to disguise the practical application of the combative art Pekiti Tirsia. The program teaches effective empty hand self-defense, combative stick fighting, leadership, motor skills and muscle memory, immensely improved hand eye coordination, goal setting and overcoming challenges.

Ages: 3-12

Fee: Mem \$55 • Non Mem \$65

Day/Time: Mon / 5:00-6:00 PM

Code: 706713

Combo Classes:

Fee: Mem \$85 • Non Mem \$95

Day/Time: Monday/5-6PM

Beginning Kids Karate & Kali 4 Kids

Code: 706715

Advanced Kids Karate & Kali 4 Kids

Code: 706716

Beginner Lil Legends & Kali 4 Kids

Code: 706718

Advanced Lil Legends & Kali 4 Kids

Code: 706719

Lil' Legends Pre-K Karate

Martial arts classes designed for 3, 4 and 5 year olds. Our curriculum is designed by a black belt with a Master's Degree in Occupational Therapy for Pre-K aged children. Participants must test out of the first class to make it to the "advanced" class, which focuses on perfecting martial arts techniques.

Beginner

Day / Time: Tue / 5:15-5:45 PM

Ages / Code: 3-5 yrs / 706704

Advanced

Day / Time: Tue / 6:00-6:45 PM

Ages / Code: 3-5 yrs / 706705

Instructor: Legends Martial Arts

For more information: www.legendsmartialarts.com or 817.285.8484

Legends Karate

Martial arts classes designed specifically for Kids, Teens, and Adults. Our curriculum is designed by 10th degree black belt Grandmaster J Pat Burleson and 7th degree black belt Master Chance Burleson. The curriculum focuses on perfecting martial arts techniques along with a focus on discipline and control.

Fee: Mem \$55 • Non Mem \$65

-Basic, Elite and Masters Programs

(\$5 discount for each additional family member)

Beginner Kids

(White to Orange Belts)

Day / Time: Tue / 5:00-5:30 PM

Ages: 6-11 yrs

Code: 706701

Advanced Kids

(Green to Black Belts)

Day / Time: Tue / 5:30-7:00 PM

Ages: 6-11 yrs

Code: 706702

Teens and Adults

(White to Black Belts)

Day / Time: Tue / 7:00-9:00 PM

Ages: 12 yrs & up

Code: 706703

Tae Kwon Do/ Hapkido

Fee (Ind.): Mem \$50 • Non Mem \$60

Family of 3 or more: Mem \$120 •

Non Mem \$130

Instructor: Kim Davis, 7th DAN

Supply fee: Belt test and equipment available upon request from instructor.

Youth Tae Kwon Do

Tae Kwon Do, a Korean martial art, is for all ages and fun for the entire family. Improve flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being. Youth students learn & practice side by side with adult class students to see what is possible as they gain confidence.

Ages: 6-11 yrs

Days / Time: Mon and Thur / 7:00-8:00 PM

Codes: 706800 (ind) / 706802 (family)

Adult Tae Kwon Do/ Hapkido

Tae Kwon Do/Hapkido, Korean martial arts, are for all ages and fun for the entire family [Hapkido lower age limit = 12yrs]. Improve flexibility, concentration, general conditioning, hand/eye coordination, balance, selfdiscipline, and physical/mental well-being. Students in the advanced class will learn to apply skills in forms, sparring, and self-defense applications. Hapkido adds grappling and some weapons techniques to Tae Kwon Do skills.

Ages: 12 yrs & up

Days / Time: Mon and Thur / 7:00-8:30 PM

Codes: 706801 (ind) / 706803 (family)

Stick Fighting

Senkotarisanis (stick fighting) is a Philippine art using 5 basic strikes combined with defense shielding and disarming skills. Training is progressive to match skills to the student's ability. Students are encouraged to continue developing their skills to advance in Senkotarisanis and/or add to their martial art knowledge. The students will use sticks and dull surfaced practice knives during training classes. Students do not need prior martial art training.

Ages: 12 yrs & up

Days / Time: Tue and Wed / 7:30-8:30 PM

Codes: 706900

Fee: Mem \$40/mo • Non Mem \$50/mo

Instructor: Master Kim Davis

Enroll in Adult Tae Kwon Do (706801) and add Stick fighting for \$70/mo for Mem • \$80/mo for Non Mem

Balls, Bands, & More - NEW

Core, flexibility, balance, and resistance training will be improved using balance balls, resistance bands, dumbbells, & other equipment. Each exercise can be modified to match individual ability so as to gradually challenge beginner through advanced levels. Kim was a high school & college athlete, and, post college, competed in Taekwondo for 12 years. She applies learning from continuous education from The Cooper Institute™ and ACSM to classes. Clients are encouraged to bring a towel & water bottle.

Ages: 12 yrs & up

Days / Time: Tues, Thurs / 7:00-7:45 AM

Code: 706243

Fee: Mem \$40/mo • Non Mem \$50/mo

Instructor: Master Kim Davis, M.S., CI-CPT

Mash-Up Boot Camp - NEW

Dynamic exercises will be used to work the entire body that will involve stretching, strength, and cardio training in each session. Each exercise can be modified to match individual ability. The mixture of exercise will vary to keep your body guessing and make the sessions fun. Kim was a high school and college athlete, and, post college, competed in Taekwondo for 12 years. She applies learning from continuous education from The Cooper Institute™ and ACSM to classes. Clients are encouraged to bring a towel & water bottle.

Ages: 12 yrs & up

Days/Time: Mon, Wed, Fri / 7:00-7:45 AM

Code: 706133

Fee: Mem \$65/mo • Non Mem \$75/mo

Instructor: Master Kim Davis, M.S., CI-CPT

KIDS PROGRAMS

Pre-School Gymnastics

This class is designed to promote physical activity and motor skill development. Basic gymnastics skills such as rolls, bridges, handstands and cartwheels will be introduced. Students will also be exposed to other gymnastic equipment as the balance beam. Class will not be held in Jul.

Ages: 3-5 yrs

Day / Time: Tue / 4:15-5:00 PM

Monthly (4 wks)

Class Code / Fee: 708205 / Mem \$32 • Non Mem \$42

*708205 – 6A (Jun only)

3:30-4:15 PM

Instructor: Gypsy Mishoe

Beginning Gymnastics 1

This class is designed as an introduction to gymnastics. Students will learn floor skills such as rolls, cartwheels, handstands and backbends. Students will also be introduced to the balance beam and vault. Class will not be held in Jul.

Ages: Kindergarten-7 yrs

Day / Time: Tue / 4:15-5:00 PM

Monthly (4 wks)

Code: 709327

Fee: Mem \$32 • Non Mem \$42

Instructor: Gypsy Mishoe

Beginning Gymnastics 2

This class is designed for older children who have little experience with gymnastics. Students will learn floor skills such as rolls, cartwheels, hand stands and backbends. Students will also be introduced to the balance beam and vault. Class will not be held in Jul.

Ages: 8-12 yrs

Day / Time: Tue / 5:00-5:45 PM

Monthly (4 wks)

Code: 709202

Fee: Mem \$32 • Non Mem \$42

Instructor: Gypsy Mishoe

Advanced Intermediate Gymnastics

This class is designed for the young gymnast who has already mastered the basic skills of the sport. Students entering this class should be able to do a cartwheel, a handstand and a backbend with little or no assistance. We will be working on more advanced skills such as front and back walk-overs and handsprings. Students will also spend a portion of each class developing flexibility and strength. Class will not be held in Jul.

Ages: 7-14 yrs

Day / Time: Tue / 5:00-5:45 PM

Monthly (4 wks)

Code: 709328

Fee: Mem \$32 • Non Mem \$42

Instructor: Gypsy Mishoe

Early Achiever's Preschool Academy

Academic Pre-School Program for 3-5 year olds

This fun-filled preschool class utilizes a hands-on theme based yearly curriculum that focuses on the academic, social, emotional, physical and creative development of each student. Areas of reading, writing, science, safety, health, social studies, math, art, music and movement are included. Fun learning activities include language, music and art appreciation, visual and spatial perception, logical and mathematical calculation, social interaction, fine and gross motor skills, phonetic awareness and building alphabet skills including letter identification, providing a strong foundation for further developing reading skills.

Curriculum also includes concepts in math and science, as well as developing fine and gross motor skills through fun group activities. Hands-on, manipulative activities are the basis of the math program. Students reinforce number recognition and counting, as well as develop essential skills in graphing, measuring, beginning geometry and concepts of time and money. Ratio of 1:10. Please bring a snack. Additional Info: \$10 supply fee paid to instructor first day of class. Children must be potty trained. Please call 972.567.1771 for more info, or email info@rarelearning.com.

Class: Preschool

Tue / Fri: 9:30 AM-12:00 PM / Mem \$99 • Non Mem \$109

(708315) Class twice a week

Ages: 3-5 yrs

Session: Tue / Fri

Jan (01) Jan 5-29

Feb (02) Feb 2-26

Mar (03) Mar 1-Apr 1 (off Mar 14-18 Spring Break)

Apr (04) Apr 5-29

May (05) May 3-27

Jun (06) Jun 7-Jul 1

POUND 4 Kids! - NEW

POUND 4 Kids! combines lightly-weighted, bright green drumsticks, with constant simulated drumming, to create an enjoyable, easy-to-follow class. This high energy, low impact class will help kids improve their strength, coordination and dexterity and allow them to experience a workout where fitness is fun! For more information about POUND, please visit www.poundfit.com.

Ages: 8 yrs & up

Days / Times: Tue / 6:15 PM- 6:45 PM

Fees: Mem \$22 • Non Mem \$32 for 4 classes/mo

Instructor: Wendy Dolan

Cheer Fun-damentals - NEW

ABCs and 123s are the foundation for all learning. Motions, jumps, flexibility and strength are the foundations of cheerleading. Each of these principles is important for your youngster. Cheer fundamentals is designed to instill a love of physical fitness, poise and self-confidence using cheer and dance as a tool.

Ages: 5-10 yrs

Day / Time: Tues / 3:30-4:15 PM

(This class will be held in Jun only)

Code / Fee: 709142-06 / Mem \$32 • Non Mem \$42

Instructor: Gypsy Mishoe

SUMMER CAMPS

Mad Science

Let's Get Growing

Mad Science invites you to play in the garden in this exciting camp. Dissect soils and seeds. Investigate sun, wind and rain. Make your own sun visor. Explore living plants and leaves and discover the art of rubbings. See and make different bugs and creepy crawlers. Explore the life of a caterpillar. Finally make a mural of the garden with your fellow campers.

Ages: 3-6 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jun 6-10 / 1:00-4:00 PM

Code: 703919-05

Instructor: Mad Science

Ingenious Inventions

While Thomas Edison said invention is 10% inspiration and 90% perspiration, this camp is 100% fun! With a little ingenuity, campers overcome challenges using basic materials, simple machines, tips from famous inventors and most important-their MIND.

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jun 6-10 / 9:00 AM-12:00 PM

Code: 703993-05

Instructor: Mad Science

3...2...1...Blast Off!

It's a bird! It's a plane! No, it's everything from the earliest flying machines to the first rocket flight. Mad Science invites you to launch your knowledge of rockets. This is your chance to be a rocket scientist as you build your very own rocket.

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jun 13-17 / 1:00-4:00 PM

Code: 709387-05

Instructor: Mad Science

Forensic Lab a la CSI

Join in CSI style forensics in a hands-on look at crime scenes. Identify and collect evidence from finger prints to trash! Recreate the scene of a crime using clues. Detect suspects using science in this investigation into the science of sleuthing.

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jun 13-17 / 9:00 AM-12:00 PM

Code: 703986-05

Instructor: Mad Science

Red Hot Robots

Join us in red-hot robot exploration! Discover inner workings of robots, experimenting with circuits, sensors and power supplies. Explore sound sensing, line tracking and solar power robots. Become a robot engineer, building your own robot to keep and take home!

Ages: 7-11 yrs

Fee: Mem \$180 • Non Mem \$190

Date / Time:

Jun 20-24 / 9:00 AM-12:00 PM

Code: 703985-05

Instructor: Mad Science

STEM Genius: Science & Tech

This summer dig into STEM to be even smarter when you go back to school. Team up with friends to strengthen your understanding of Science (Understanding Nature) and technology (modifying the world to improve human comfort).

Ages: 7-11 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jun 20-24 / 1:00-4:00 PM

Code: 703912-05

Instructor: Mad Science

Science in Motion

Discover how science moves the world around you by exploring biology, engineering and chemistry. Build bridges and other structures One day, then a camera obscura the next. Also, grow crystal gardens and so much more!

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jul 11-15 / 9:00 AM-12:00 PM

Code: 703980-05

Instructor: Mad Science

Bubbles, Smoke, Explosions

Have fun with chemistry at an exciting camp! Make a crystal garden and synthesize your own slime. Learn about our solar system, making a comet with everyday items. Have a shocking time with a Van de Graaff generator and experience lighting up close

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jul 11-15 / 1:00-4:00 PM

Code: 703913-05

Instructor: Mad Science

Earth, Space & Beyond

Take a new look at the world around you during this exciting summer camp! Learn how to create codes so you can pass secret messages, protect the planet, understand how to eat like different animals and learn about space during class.

Ages: 3-6 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jul 18-22 / 9:00 AM-12:00 PM

Code: 703982-05

Instructor: Mad Science



Earth: The Amazing Planet

Science is all around us: deep in the earth to high in the sky! Protect our awesome planet, make recycled paper and experiment with pollution solutions. Investigate animals and make a cast of an animal footprint to keep.

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jul 18-22 / 1:00-4:00 PM

Code: 703994-05

Instructor: Mad Science

Rocket Ride to Space

Blast-off your knowledge of flight! This camp is an exciting study on rockets. Campers build their own rocket and planes, experiment with propulsion systems, launch and recover rockets. Each day campers create amazing things to take home.

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Jul 25-29 / 9:00 AM-12:00 PM

Code: 703991-05

Instructor: Mad Science

Robot Mania

Learn all about robotics in our world today and how technology will continue to affect our future! Discover robots of all kinds: sound-sensing, line-tracking, amphibious, even soccer-playing. During camp, build your very own working robot to keep and take home!

Ages: 6-10 yrs

Fee: Mem \$180 • Non Mem \$190

Date / Time:

Jul 25-29 / 1:00-4:00 PM

Code: 703918-05

Instructor: Mad Science

Inventions Galore

Creative Contraption Warning! Inspire the scientist in you in a camp designed by you – the Inventor! Each day, overcome a series of challenges using your mind. Investigate the awesome inventions created before modern science began.

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Aug 1-5 / 9:00AM-12:00 PM

Code: 703928-05

Instructor: Mad Science

Spy Academy

Learn to spy- oh, my! James Bond? MacGyver? Do you have what it takes to discover “who done it”? If so, this camp is for you. Explore secret communications, detective crime science, inner workings of our cells and cool chemistry.

Ages: 6-10 yrs

Fee: Mem \$155 • Non Mem \$165

Date / Time:

Aug 1-5 / 1:00-4:00 PM

Code: 703914-05

Instructor: Mad Science

Fast Forward

Lego Logo

Lego Logo brings technicians into a creative, engineering environment. Not found in stores, the special Lego Logo kits provide extraordinary opportunities for hands-on construction. Under the guidance of a certified educator, along with detailed technical plans to follow, the participants will build robots, race cars, four by four trucks, cranes, pulleys, levers and more during this energized week of discovery with Lego.

Ages: 8-12 yrs

Fee: Mem \$100 • Non Mem \$110

Date / Time:

Jun 27-Jul 1 / 11:30 AM-1:30 PM

Code: 703907-05

Instructor: Fast Forward



Lego Designer

Come and exercise your Lego skills here in ways you haven't done before! The unique collection of Lego kits will captivate young minds. Careful guidance from the teacher will allow students to flourish with ideas and overcome obstacles. Individual and team projects will provide opportunities for your child to expand their creativity and social skills as they work toward common goal. This class will surely inspire all Lego enthusiasts!

Ages: 4-7 yrs

Fee: Mem \$100 • Non Mem \$110

Date / Time:

Jun 27-Jul 1 / 11:30 AM-1:30 PM

Code: 703909-05

Instructor: Fast Forward

Lego Mania

No building can say “Lego my Lego!” when engaged in the creative activities of LEGO MANIA! “Zillions” of pieces ensure that there is always enough for everyone! This innovative program for Lego buffs provides opportunities for imagination and hands-on learning under the guidance of a certified educator. Over 15 new games, projects and activities not found in stores will be planned and manipulated. Enrichment in the areas of personal creativity, following instructions, eye-hand coordination, problem solving, critical thinking and learning will be experienced as the child has the opportunity to construct dinosaurs, rockets, castles, airplanes and much more!

Ages: 4-7 yrs

Fee: Mem \$100 • Non Mem \$110

Date / Time:

Jun 27-Jul 1 / 9:00-11:00 AM

Code: 703910-05

Instructor: Fast Forward

Army Tactics Camp

Wrapped in games and adventure, unique challenges await you. During survival situations, the four basic needs become shelter, water, fire and food. By introducing basic techniques, your child will learn how to purify water, signal for help, search for edible food, set up shelter, learn Army chants, plus much more! Team survival games will keep the training light and fun. This class is designed and essential for kids who like to challenge themselves physically and mentally. Enlist now before it's too late.

Ages: 8-12 yrs

Fee: Mem \$100 • Non Mem \$110

Dates / Times:

Jun 27-Jul 1 / 2:00-4:00 PM

Code: 703989-05

Instructor: Fast Forward

Learning with Hot Wheels - **NEW**

Endless tracks and obstacle courses await every Hot Wheel's car lover as they discover the world of physical science. What goes up must come down... or does it? Momentum, force and friction are just some of the concepts they will understand as cars acrobatically fly before them. Measuring length and weight in various units will help in the identification of the fastest, most efficient car on the block. Mega Loop Mayhem, Shark Cliff Hanger, Wolf Mountain and hundreds of cars are just some of the play equipment that will have your child yearning to come each day! Hot Wheels Rock!

Ages: 4-7 yrs

Fee: Mem \$100 • Non Mem \$110

Dates / Times:

Jun 27-Jul 1 / 9:00-11:00 PM

Code: 703902-05

Instructor: Fast Forward

Learning with Play Doh - **NEW**

Look no further for a world of excitement, creativity and science exploration. This class is designed to inspire creations of things past, present and future. Your child will explore dinosaur adventures, prehistoric volcanoes, animals, food, transportation and our solar system. Add numerous Play-Doh sets to this exciting equation and your child will find science fun like never before. Artistic and social development will engage daily creation in a very moldable way!

Ages: 4-7 yrs

Fee: Mem \$100 • Non Mem \$110

Dates / Times:

Jun 27-Jul 1 / 9:00-11:00 PM

Code: 703903-05

Instructor: Fast Forward

Camp Barbie

At camp Barbie you will have loads of fun helping Barbie learn the many things she needs to know to become a great girl. You and Barbie will have a great time learning to dress for the occasion, practicing good manners, making new friends, importance of school work, how to use money, dreaming of careers, attending social functions, hearing great stories, practicing talents, cooking tips, art and much more! Non-stop activities, and fun learning adventures, all about self esteem development. Your certified teacher has developed a rich and meaningful curriculum full of objectives and supporting activities. Wonderful new ideas for creative

Ages: 4-8 yrs

Fee: Mem \$100 • Non Mem \$110

Dates / Times:

Jun 27-Jul 1 / 2:00-4:00 PM

Code: 703983-05

Instructor: Fast Forward

Fashion Designer

Young girls graduate from playing dress up to designing their own fashions by using the same design principles used by professionals. Principles including basic sketching techniques, coordinating colors for the best effect, mixing textures and patterns for scale and perception and cultural fashion history will be applied to each girls' individual style portfolio. Designs come to life with beautifully patterned papers, ribbons, sequins, jewels and oodles of other embellishments. Collaborative "design team" challenges make this hands on, minds-on adventure into the world of design very exciting. No sewing in this class.

Ages: 8-12 yrs

Fee: Mem \$100 • Non Mem \$110

Dates / Times

Jun 27-Jul 1 / 11:30 AM-1:30 PM

Code: 703901-05

Instructor: Fast Forward



Youth Tech

Video Game Design

This camp provides students with a fun interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

Ages: 10-17 yrs

Fee: Mem \$175 • Non Mem \$185

Dates / Time / Code:

Jun 20-23 / 1:00-4:00 PM / 703921-05

Jul 5-6 / 9:00 AM-4:00 PM / 703917-05

Jul 18-21 / 9:00 AM-12:00 PM / 703923-05

Instructor: Youth Tech Inc.

www.youthtechinc.com

Animation

In this camp students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. This camp will utilize Adobe's award winning animation software in Adobe Flash. Students will create fun interactive animations that they can share with the world.

Ages: 10-17 yrs

Mon-Thur / Mem \$165 • Non Mem \$175

Dates / Time / Code:

Jun 20-23 / 9:00 AM-12:00 PM / 703987-05

Instructor: Youth Tech Inc.

www.youthtechinc.com

The Gaming Academy - (NEW)

The gaming academy is an all day course for students who love games. During this course students will be immersed into the world of 2D and 3D game design. The gaming academy is a combination of our Video Game Design, Advanced Game Design and 3D Game Design courses. The course offers students a variety of hands on experience designing and building their very own games. Students are encouraged to bring a sack lunch.

Ages: 10-17 yrs

Days: Tue-Fri

Fee: Mem \$310 • Non Mem \$320

Dates / Time / Code:

Jul 5-8 / 9:00 AM-4:00 PM / 703938-05

Instructor: Youth Tech Inc.,

www.youthtechinc.com

3D Game Design

Video Game Design is a prerequisite for this camp. This camp offers an interactive look at the world of 3D game design. This awesome 3D video game design camp offers the chance for students to create and immerse themselves in a 3D world. If you are looking to design professional 3D games that both look and feel just like the ones you play at home, then you don't want to miss this course.

Ages: 10-17 yrs

Days: Thur-Fri

Fee: Mem \$160 • Non Mem \$170

Dates / Time / Code:

Jul 7-8 / 9:00 AM-4:00 PM / 703916-05

Instructor: Youth Tech Inc.

www.youthtechinc.com

Robotics

This camp offers hands-on opportunities to build and program robots. Working in small teams, students will design robotic systems to compete in fun real-world activities. Each day will have a new challenge, and your team's robot will have to morph to better adapt and compete. Students will compete in the battle of the bots competition at the end of the camp to prove their robot is the best. This class is perfect for the student who has a big imagination and likes to build things.

Ages: 10-17 yrs

Mon-Thur / Mem \$165 • Non Mem \$175

Dates / Times / Code:

Jul 18-21 / 1:00-4:00 PM / 703922-05

Instructor: Youth Tech Inc.

www.youthtechinc.com

iVideo Game Design - (NEW)

Want to create video games? This is an introductory course for younger students who want to learn to make simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun interactive games.

Ages: 6-10 yrs

Days / Fees: Mon-Thurs / \$110

Dates / Time / Code:

Jul 25-28 / 10:00 AM-12:00 PM / 703930-05

Instructor: Youth Tech Inc.,
www.youthtechinc.com

Web Design

This camp provides an in-depth look at the world of web design and development. Students enrolled in this camp will learn how to build their own website from start to finish using an award winning suite of products. Students will have access to their website with free hosting for one year.

Ages: 10-17 yrs

Mon-Thur / Mem \$160 • Non Mem \$170

Day / Time / Code:

Jul 25-28 / 1:00-4:00 PM / 703920-05

Instructor: Youth Tech Inc.

www.youthtechinc.com

Independent Camps

Designing Dolls

Spend a week creating your own beauty products! You will learn to make your own lip balm, nail polish, fancy bath soap, bath bombs and more. Students will create their own specialized shades and scents, even adding glitter. Students will also learn three creative nail polish techniques.

Ages: 6-12 yrs

Days: Mon-Thur

Fee: Mem \$160 • Non Mem \$170

Dates / Time / Code:

Aug 1-5 / 10:00 AM-12:00 PM / 703968-0

Instructor: Elizabeth Mellott

& Laurel Derr

Everything Chocolate

In this camp you will become skilled in making and decorating chocolates. You will create (and decorate) filled chocolates, dipped chocolates and dropped chocolates. You will create edible art pieces, including peanut butter cups, coconut haystacks and peanut drops.

Ages: 6-12 yrs

Days: Mon-Thur

Fee: Mem \$160 • Non Mem \$170

Dates / Time / Code:

Jul 18-22 / 10:00 AM-12:00 PM / 703990-05

Instructor: Elizabeth Mellott

& Laurel Derr

The REC Spring Break Camp

Not going out of town for Spring Break? Need something for your Child to do? Why not sign up for The REC Spring Break Camp! Campers will participate in fun activities throughout the week and will go on one planned Field trip. Campers will also be able to swim in our indoor Water Park.

Ages: 7-12 yrs

Dates: Mar 14-18

Times: 7:30 AM-6:00 PM

Fee: Mem \$100 • Non Mem \$110

Code: 703924 – 03

Additional Info: All campers must bring a lunch, bathing suit and towel

Art Camp

In this camp students will learn to mix colors and make a color wheel, work with water colors and acrylic paints and paint as a group directed by instructor. Subjects such as flowers, landscapes and animals will be drawn/painted. All supplies will be furnished.

Ages: 6-12 yrs

Fee: Mem \$140 • Non Mem \$150

Dates / Time

Jun 20-24 / 10:00 AM-12:00 PM

Code: 703975-05

Jul 25-29 / 10:00 AM-12:00 PM

Code: 703976-05

Instructor: Rexana Ostuni

Be a Magician!

Master simple sleight-of-hand and illusion effects to amaze your family and friends! Designed for children 8-12 yrs of age, this beginner magic course is taught by professional magicians from the Illusion Warehouse magic shop in Ft. Worth. A combination of magic tricks that use everyday objects from around the home as well as effects from the magic shop will be taught. The course helps children learn presentation and theatrical skills, and the ability to speak and perform in front of a live audience. On the last day, students will perform a magic show using the tricks and skills they have learned during the five day long week camp.

Ages: 8-12 yrs

Fee: Mem \$150 • Non Mem \$160

Dates / Time / Code:

Jul 11-15 / 9:00-11:00 AM / 703972-05

Instructors: Bruce and Bronson Chadwick

Additional Info: Each camper will get to take a beginner's magician's kit home with them.

The REC SUMMER CAMP 2016

This is the best way to spend your summer. Campers are led in activities planned for them each week. Campers will be taken on an offsite field trip twice a month. The three sessions offered coincide with the GCISD School summer break. Two classes per session, meet five times per week (M-F). Get ready for the best summer ever!

Ages: 7-12 yrs

Sessions / Fees:

06/Jun 5-30 / Mem \$190 • Non mem \$200

07/Jul 1-29 / Mem \$190 • Non mem \$200

08/Aug 2-19 / Mem \$180 • Non mem \$190

^per morning **or** afternoon session

Time / Codes:

8:00 AM-12:30 PM / 703924

1:30-6:00 PM / 703925

Note: The field trips cost and camp t-shirt fee is not included in the camp fee. Camp t-shirts are \$10 per shirt and will be sold during camp. Camp t-shirts are required to go on field trips. A maximum of three HERO candidates allowed per session. Campers must bring a sack lunch if staying the entire day. Please provide your camper with a daily snack. Campers should not be dropped off before 7:45 AM. There will be no camp on Jul 4. The REC will be closed in observance of Independence Day.

Digital Photography Camp

Digital photography camp by RARE Learning is a specialized program that will introduce the student to the art of photography. Students will have the opportunity to learn about the introductory aspects of digital photography including composition, lighting a subject, use of lenses, and digital editing.

Ages: 9-15 yrs

Dates / Time / Code:

Jul 11-15 / 1:00 PM-4:00 PM / 703926-05

Aug 1-5 / 1:00-4:00 PM / 703927-05

Fee: Mem \$149 • Non Mem \$159

Instructor: RARE Learning

For more information, please contact RARE Learning at 972.567.1771 or Info@rarelearning.com

Film-Making Camp

This is a five day video production camp that teaches digital video filming, editing and production techniques. It is designed to generate an interest in critical observation and communications by engaging 9-15 year olds in film-making projects. Students will complete a film as a group project and will "premier" the film for the parents on the last day of class. All supporting materials are supplied.

Ages: 9-15 yrs

Dates / Time / Code:

Jun 13-17 / 1:00-4:00 PM / 703931-05

Jul 18-22 / 1:00-4:00 PM / 703935-05

Fee: Mem \$149 • Non Mem \$159

Instructor: RARE Learning

For more information, please contact RARE Learning at 972.567.1771 or Info@rarelearning.com

GiGi's Cooking & Craft Camp - (NEW)

Imagine the fun your little chef and artist will have expressing themselves through cooking and crafts! In this camp we have a blast making messy masterpieces. Each camp day we will have a different theme: Beach Fun, King & Queens Day, Kids Cool Camp and Birthday Bash! We will cook octopus hot dogs, beach cupcakes, Queen's tarts, King's Swords, smores and grub, homemade pizza, birthday cake pops, a surprise birthday cake and much more. We will also make a craft that goes with the theme: painting a beach towel, foam castles, king and queen crowns, camping pillowcases, glow in the dark camp lights, origami birthday cards and much more.

Ages: 4-8 yrs

Dates / Time / Code:

Jun 21-24 / 1:00-4:00 PM / 708409-05

Fee: Mem \$175 • Non Mem \$185

Instructor: Ms. Delaine Votruba

Additional Info: Classes formerly Lil'Chefs & Kreative Kids. All supply fees are included in the registration fee.

Little Gardener Camp (NEW)

Series 1: Bugs

Each day centers around a bug that campers will learn more about: butterflies, crickets, ladybugs and ants. Each day will begin with story time, then campers will do a hands on craft activity, stroll the garden and feed the Koi Fish.

Ages: 3-6 yrs

Dates / Times / Code:

Jun 13-16 / 9:00-11:00 AM / 709011-05

Fee: Mem \$75 • Non Mem \$85

Location: Pewitt Pavilion, 411 Ball St.

Series 2: Flowers

Each day will center around a certain flower that the campers will learn more about: sunflowers, zinnias, bluebonnets and paper whites. Each day will begin with story time, then campers will do a hands on craft activity, stroll the garden and feed the Koi fish.

Ages: 3-6 yrs

Dates / Times / Code:

Jul 11-14 / 9:00-11:00 AM / 709012-05

Fee: Mem \$75 • Non Mem \$85

Location: Pewitt Pavilion, 411 Ball St.

Jo-Ann's Little Dancers - (NEW) Ballet/Tap Dance Camp

"Hawaiian Hullabaloo"

Your little dancer will experience a tropical themed week full of dance, Hawaiian arts and crafts along with assembling and eating a fruit kabob!

Dates / Times / Code:

Jun 20-24 / 10:30 AM-12:00 PM / 703977-05

"Bibbity-Bobbity-Boo"

Cinderella themed week full of dance, arts & crafts and a bit of tumbling too!

Dates / Times / Code:

Jul 18-22 / 10:30 AM-12:00 PM / 703978-05

Ages: 3-5 yrs

Fee: Mem \$125 • Non Mem \$135

Instructor: Jo-Ann Ingram

Additional Info: Students should wear a leotard and tights, along with their tap and ballet shoes to class in a backpack or dance bag. Dancers will receive a Hula Skirt for Hawaiian Camp and will receive a ballerina tutu and hair accessories for the Cinderella Camp.



KEEP CALM AND C.A.M.P.

Character **A**wareness while
Motivating young **P**eople
(BUILDING LEADERSHIP THROUGH
"CAMP")

Looking for something different for your **teen** to do this summer instead of staying at home? Join our friendly staff as campers enjoy a fun filled summer by going on exciting trips throughout the DFW area. This camp is designed to help mold young adults into leaders all while having fun at the same time. As a team working together, campers will do one community service project a week. This will help build teamwork, character, community spirit and awareness, caring hearts, responsibility and much more. Campers will also receive a letter of appreciation for all community service hours they complete during the summer.

The **Teen Camp** van will leave for field trips by 9:00 AM and return around 4:00 PM. Campers can be dropped off between 7:30-9:00 AM and picked up between 4:00-6:00 PM. During this time campers can hang out in our game room until heading out for the day or waiting to be picked up at the end of the day. Please provide your teen with lunch money or a packed lunch. You may also want to provide them with

a few extra dollars for spending. The admission for each field trip is included in the registration fee. Field trips will include: Six Flags, Main Event, Burger's Lake, Ft. Worth Zoo, Skate Town, Perot Museum, Dallas Aquarium, Mountasia, Summit Rock Climbing, Planetarium, Hawaiian Falls, Grapevine Mills Mall, Bass Pro, Cabelas, Frisbee Golf, Glade Pool, Dove Waterpark, Ft. Worth Museum of Science & History, the Movies and much much more!!! Parents will receive a weekly schedule of trips for that week on the Friday before.

*All trips are subject to change.

Ages: 12-15 yrs

Fee: Mem \$175 • Non Mem \$185

Jun 6-10 / 9:00 AM-4:00 PM / 709002-05

Jun 13-17 / 9:00 AM-4:00 PM / 709003-05

Jun 20-24 / 9:00 AM-4:00 PM / 709004-05

Jun 27-Jul 1 / 9:00 AM-4:00 PM / 709005-05

Jul 5-8 / 9:00 AM-4:00 PM / 709006-05

Jul 11-15 / 9:00 AM-4:00 PM / 709007-05

Jul 18-22 / 9:00 AM-4:00 PM / 709008-05

Jul 25-29 / 9:00 AM-4:00 PM / 709009-05

Aug 1-5 / 9:00 AM-4:00 PM / 708010-05

Additional Info: Each camper must purchase at least one camp t-shirt (\$10) for field trips. There will be no camp on Jul 4. The REC will be closed in observance of Independence Day.



EXCURSION CAMP

"Get off the Couch Week!" (NEW)

This camp is designed for the adventurer inside everyone us. This camp will take each participant on a different excursion each day. Please have your camper at the location of the excursion 15-20 minutes before the start so that they can be checked in. Campers need to wear the appropriate attire for each day. Space will be limited so register early. Get ready for a week of adventure and fun!

Top Golf

Mon • 9:00 AM – 12:00 PM
3760 Blair Oaks Dr, The Colony, TX 75056

Ever wanted to learn how to play golf, but didn't want to have to play 18 holes? On this adventure you can learn without having to lug that heavy bag of clubs around and walk all of those holes. We will be providing transportation for this excursion. Campers will meet and be picked up at the REC located at 1175 Municipal Way.

Kayaking:

Tues • 9:00 AM–12:00 PM
Meadowmere Park
3000 Meadowmere Grapevine, TX

Kayaking is a fast growing and diverse sport that all ages can learn. In this one-day adventure, campers will learn basic kayaking. Campers will learn six strokes to move your kayak in any direction. They will also learn safety on the water, how to transport, carry and enter/exit the boat and most importantly, how to get back in if you fall out! Classes taught by American Canoe Associated certified instructors. All boats and gear are provided. Please wear appropriate attire for getting wet.



Paddle Boarding:

Wed • 9:00 AM–12:00 PM

Meadowmere Park, 3000 Meadowmere Grapevine, TX

This intro to Stand Up Paddle excursion will provide you with basic techniques needed to safely paddle, stand up and balance. We will cover wind, weather and water conditions. You will learn turning, sculling, drawing and multiple paddle techniques. In addition we'll discuss board selection and paddle sizing. You will leave the lesson with all the skills necessary to paddle with confidence. Please wear appropriate attire. A certified lifeguard will be provided.

Summit Climbing:

Thur • 9:00 AM–12:00 PM

1040 Mustang Dr. Grapevine, TX

This camp excursion will teach campers all about rock climbing. Campers will learn climbing skills such as technique, gear usage and safety, climbing routes, bouldering and strength/endurance. Many other life skills will be influenced as well, such as team work, problem solving, trust, concentration and communication.

Main Event:

Fri • 9:00 AM–1:00 PM

407 W. State Hwy 114 Grapevine, TX

Campers will learn bowling FUNdamentals and have 1.5 hours of bowling fun. Bowling shoes will be provided. Video game play and other activities will be available for the campers. Each camper will receive a cool camp t-shirt and lanyard. Lunch will be provided to all campers: entrée, drink & cookie (build your own pizza).

REGISTRATION INFO:

Ages: 9–16 yrs

Days / Time:

Mon-Thur / 9:00 AM–12:00 PM

Fri / 9:00 AM–1:00 PM (Lunch Provided)

Code / Fee:

Jun 13-17 / 703973-05 / Fee: Mem \$170 • Non Mem \$180

Jul 18-22/ 703974-05 / Fee: Mem \$170 • Non Mem \$180

Additional Info: Please wear appropriate attire for each excursion. Friday's excursion is 9:00 AM–1:00 PM and lunch will be provided. Life jackets will be required and provided for paddle boarding and kayaking. Days for the excursions are subject to change during that week. If this happens, all campers will be notified.

FINE ARTS

Art Class

Learn to mix colors and color theory, paint in different styles and media with acrylics and oils.

Ages: 10 yrs & up
Day / Time: Tue / 6:00-7:30 PM
Monthly (4 wks)
Code: 705202
Fee: Mem \$48 • Non Mem \$58
Instructor: Rexana Ostuni

Supplies: Canvas, paper or board, paint brushes (flat; small, medium and large table easel). Paint will be furnished by instructor.

Additional Info: Before taking Art Class, students must complete Drawing & Pastels.

Drawing & Pastels

Drawing from basic shapes, landscapes, perspective, still life and animals. Drawings will be finished in a pencil or pastels.

Ages: 6-12 yrs
Day / Time: Tue / 4:30-5:45 PM
Monthly (4 wks)
Code: 705218
Fee: Mem \$45 • Non Mem \$55
Instructor: Rexana Ostuni
Supplies: bring 11"x14" drawing tablet and #2 pencils. Pastels will be supplied by the instructor.

Private Music Lessons (NEW)

Music lessons for all ages, styles and skill levels. Learn how to play an instrument, how to read music and play by ear. The lessons offered are guitar, piano, drums, ukulele, mandolin banjo and voice. Registration is a continuous process. Students register monthly.

Ages: 7 yrs & up
Fee: Mem \$100 • Non Mem \$110.00 (for four lessons)
Class code: 705210 (monthly)
Instructor: Texas Guitarville
Instructor Additional Info: Students will be contacted by an instructor to set the day and time for your lessons. For more information please contact Kevin Nassiff @ 817.584.5818 or you can email him at texasguitarville@gmail.com. Also, be sure and visit www.TexasGuitarville.com

Group Guitar Class

This class is an introductory course in guitar. We will learn the basics such as finger placement, techniques and how to read music. Basic guitar technique will include: holding, turning, hand position, timing and learning of notes. This is a great class for children as well as adults.

Ages / Day / Time / Code
7-13 yrs / Thur / 6:00-6:45 PM / 705203
14 yrs & up / Thur / 7:00-7:45 PM / 705204
Fee: Mem \$40/mo • Non Mem \$50/mo
Additional Info: Students must bring their own electric or acoustic guitar. For more information please call Kevin Nassiff at 817.584.5818 or email at texasguitarville@gmail.com

Dancing as a Star Country & Western Style

Enjoy learning to dance with a partner in a fun-filled atmosphere. We'll start with the two step and some waltz and finish with some east coast swing. It's a great exercise and a nice way to meet new friends. It's also a great way to get a head start on learning to dance at public dance clubs.

Ages: 14 yrs & up
Day / Time: Tue / 7:00-8:00 PM
Code: 705305
Fee: Mem \$35 / Single • \$67 / Couple
Non mem \$45 / single • \$77 / Couple
Instructor: Dance With Me Studio

Ballroom Style

Enjoy learning how to dance with a partner in a fun filled atmosphere. We will cover a variety of social dances including the waltz, east coast swing, foxtrot and salsa. It's a great exercise, tons of fun, easy to learn and a great way to meet new people. No partners needed!! Volunteer rotation offered. A dance with me offers dance socials the second and fourth Saturday of the month where you can practice what you learn.

Ages: 14 yrs & up
Day / Time: Tue / 8:05-9:05 PM
Code: 705303
Fee: Mem \$35 / Single • \$67 / Couple
Non mem \$45 / single • \$77 / Couple
Instructor: Dance With Me Studio

Belly Dance: Improv Tribal Style

In this class you will learn Improv Tribal Style belly dancing (ITS) with an introduction to the fundamentals of tribal movement, partner work, isolations, strength building, and drills for muscle memory. Geared toward the new student, but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the ITS format. This is a low impact dance suitable for all ages and body types.

Ages: 14 yrs & up
Day / Time: Wed / 8:00-9:00 PM
Monthly (4 wks)
Code: 709110
Fee: Mem \$28 • Non Mem \$38
Instructor: Tiffany Skalberg



Clogging

Want to learn to Clog? Well getting started is easy and fun. You don't need a partner or any previous dance experience. Clogging is a great multi-generational family activity. You will learn the 8 basic steps and some fun dances! Shoes and Taps are required and may be ordered. We will have shoe and tap info at the 1st class.

Day: Mondays

Level / Time:

Beginning 7:00-7:35 PM 709221

Easy 7:40-8:15 PM 709220

Interm. 8:20-8:55 PM 709222

Advanced 9:00-9:30 PM 709223

Fee: Mem \$20 / mo • Non Mem \$30 / mo

Instructor: John Pryor

Bead Jewelry Basics

Learn a few basic techniques to make earrings, necklaces, bracelets, and more! Step-by-step instruction will guide you to create jewelry using beads, wire, ribbon, leather and more. Unleash your creativity and learn skills to make beautiful jewelry for gifts and yourself! Tools will be available for your use in class. Supply list furnished.

Ages: 10 yrs & up

Day / Time: Sat / 2:30-4:30 PM

Monthly (4 wks)

Class Code: 705213

Fee: Mem \$45 • Non Mem \$55

Instructor: Jenny Kittrex

SPECIAL INTEREST

Introduction to Photography

This four-session introductory photography series guides students to progress beyond taking snapshots to creating photographs by focusing on composition, perspective and camera operation. We begin by exploring your camera's capabilities and learn how to manually adjust for shutter speed, aperture and ISO. This series will also help you improve your understanding of composition, light, depth-of-field, and perspective. Each two-hour session includes time for practicing the concepts and techniques discussed. Students need to bring a camera and the camera manual. A digital SLR or compact camera with manual controls is essential for this class.

Ages: 16 yrs & up

Day / Time: Sun / 1:30 – 3:30 PM

Sessions:

01 – Jan 10-31

04 – Apr 3-24

Code: 304701

Fee: Mem \$125 • Non Mem \$135

Instructor: Bruce Rosenstiel

bruce@smallworldphotos.net,

817.528.5993

Interior Design

Learn how to draw and design an interior space in your home or office. Discover the effects of light, colors, materials and furniture arrangement in this space. Class is open to all ages.

Day / Time: Wed / 10:00-11:45 AM

Jan 13- Mar 30

Code / Fee: 809400 / Free

Instructor: Hanz Hanna

Intermediate Photography (Processing Your Images)

This four-session intermediate photography series builds on the experience and skills learned in Introduction to Photography by using photos and other students' photos to discuss composition, perspective, content and settings while processing images to improve their presentation. In this class students are introduced to an effective digital workflow using Adobe Lightroom and other software. We cover the most important aspects of creating and maintaining your photo library while devoting most of the sessions to learning and applying the processing tools inherent in Lightroom. Students that bring a laptop with processing software loaded will find that beneficial, but not essential. At the end of class students will be able effectively manage their photo library and improve the look and presentation of their images.

Ages: 16 yrs & up

Day / Time: Sun / 3:45 – 5:45 PM

Sessions:

01 – Jan 10-31

04 – Apr 3-24

Code: 304700

Fee: Mem \$125 • Non Mem \$135

Instructor: Bruce Rosenstiel

bruce@smallworldphotos.net,

817.528.5993



Defensive Driving

Bright Driver is a National Safety Council defensive driving course for all individuals that need an auto insurance discount and/or need to dismiss a traffic citation. This is a six hour course that can also be used a corporate safety course to a dismiss a traffic citation anywhere in the United States.

Ages: 16 yrs and up

Day / Time: Sat / 9:00 AM-4:00 PM

Session:

01- Jan 9

02- Feb 6

03- Mar 5

04- Apr 2

05- May 7

Code: 709736

Fee: Mem \$35 • Non Mem \$45

Instructor: J. T. Brinson

Website: www.brightdriversafety.com

Getting Paid to Talk

Ever been told you have a great voice? From Audio books and cartoons to documentaries, commercials and more. This class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare and where to find work in your area. We will discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic and a great first step. For anyone interested in the voice over field.

Ages: 16 yrs and up

Day / Time:

Thurs, May 12 / 6:30-9:00 PM

Session / Code: 05 / 709546

Fee: Mem \$30 • Non Mem \$40

For more info: please visit

<http://www.voicecoaches.com/gppt>

Concealed Handgun License Class

This one day (6 hr) course satisfies the handgun license. This course will cover use of force, handgun safety, prohibited carry laws, scenarios, concealment methods and much more. Course includes both written and proficiency (shooting) exams.

Ages: 21 yrs & up

Session / Date / Time:

01 / Sat, Jan 16 / 8:00 AM-3:00 PM

03 / Sat, Mar 19 / 8:00 AM-3:00 PM

05 / Sat, May 21 / 8:00 AM-3:00 PM

Code: 709795

Fee: Mem \$79 • Non Mem \$89

Instructor: Mike Duff

Additional Info: For more information 817.719.9512 or email

mike@group6training.com There

will be a one hour lunch break.

Additional gun range fee of \$15 paid to instructor

Self Defense and Wing Chun Kung Fu

Dragon James Fell has practiced martial arts for over 45 years starting with Shotokan Karate. 5 years later he began learning different styles of Kung Fu. Familiar with various martial arts styles and street self-defense techniques, James devotes his time to helping people of all ages by sharing his self-defense knowledge and the art of Wing Chun Chinese Kung Fu. He is currently a gold belt instructor at Rister Martial Arts in Irving.

Contact info for James Fell:

817.909.3310

Teacher@Art-Of-Defense.com

Cost: Mem \$20/hr • Non Mem \$30/hr

Babysitter's American Red Cross Training

This eight-hour babysitting course covers a variety of topics including: preventing accidents and illnesses, basic first aid, reviewing choking procedures, rescue breathing and making professional decisions in babysitting. The class is 90% participation. All successful participants will receive a babysitting training book the day of class. There will be a 30-minute lunch break for lunch. Please provide your own lunch, snacks and drinks.

Ages: 11 yrs & up

Day / Time: Sat / 9:00 AM-4:00 PM

Date: Jan 23, Apr 16

Code: 709703

Fee: Mem \$75 • Non Mem \$85

Instructor: ARC Certified Instructor

Community First Aid & Safety

This course prepares you to rescue victims who are experiencing cardiopulmonary distress. Course includes information on adult, child and infant CPR, along with first aid for a variety of conditions including bleeding, injuries to bones, muscles and joints, sudden illness and heat and cold injuries. Successful participants earn two certificates: American Red Cross Community CPR (valid for 2 years), and ARC Community First Aid (valid for 2 years).

Ages: 10 yrs & up

Day / Time: Sat / 9:00 AM-4:00 PM

Date: Feb 20, Mar 19

Code: 709702

Fee: Mem \$77 • Non Mem \$87

Instructor: ARC Certified Instructor





DANCE

Tumbling for Tots

This class will teach the fundamentals of gymnastics on a floor mat while developing flexibility and strength. Children will also learn coordination skills on a balance beam and parachute exercises. Classes will build self-confidence, create group interaction skills while supporting your child's self-esteem and positive image.

Ages: 3-6 yrs

Day / Time: Tue / 10:45-11:25 AM

Session / Fee: Monthly / Mem \$42 • Non Mem \$52

Code: 708403

Instructor: Jo-Ann Ingram

Additional Info: Wear comfortable play clothes; Girls may wear dance attire.

TITLE	AGE	DAYS / TIMES	INSTRUCTOR	NON-MEM FEE (Monthly)	CODE
Ballet/Tap for Pre-School	3-5 yrs	Mon / 10:00-10:40 AM	Jo-Ann Ingram	\$52	708201
Ballet/Tap for Pre-School	3-5 yrs	Mon / 10:45-11:25 AM	Jo-Ann Ingram	\$52	708202
Ballet/Tap for Pre-School	3-5 yrs	Mon / 11:30 AM-12:10 PM	Jo-Ann Ingram	\$52	708203
Ballet/Tap for Pre-School	3-5 yrs	Tues / 10:00-10:40 AM	Jo-Ann Ingram	\$52	708301
Ballet/Tap for Pre-School	3-5 yrs	Tues / 11:30 AM-12:10 PM	Jo-Ann Ingram	\$52	708302
Ballet/Tap	5-7 yrs	Thur / 4:00-4:40 PM	Jo-Ann Ingram	\$52	708510
Ballet/Tap	6-12 yrs	Thur / 4:45-5:25 PM	Jo-Ann Ingram	\$52	708511
Ballet/Tap for Pre-School	3-5 yrs	Thur / 5:30-6:10 PM	Jo-Ann Ingram	\$52	708503
Ballet/Tap	6-12 yrs	Thur / 6:15-6:55 PM	Jo-Ann Ingram	\$52	708504
Ballet/Tap for Pre-School	3-5 yrs	Sat / 10:00-10:40 AM	Little Dancer's Instructor	\$52	708701
Ballet/Tap	6-12 yrs	Sat / 10:45-11:25 AM	Little Dancer's Instructor	\$52	705700
Jazz / Hip Hop	6-12 yrs	Sat / 11:30-12:15 PM	Little Dancer's Instructor	\$52	708700
* Jazz/ Hip Hop	13-17 yrs	Sat / 12:30-1:30 PM	Little Dancer's Instructor	\$63	708314

Ms. Jo-Ann's classes are progressive, with a formal recital in May (TBA)

Additional Information: Siblings receive \$5 discount. Members will get a \$10 discount.

* *Leaps & Turns along with Hip-Hop (A Technique class)* This dance class will break down leaps, turns and hip-hop technique, then incorporate them into minute long combinations. Suggested attire is form-fitting clothes, no t-shirts, jazz shoes or foot paws, sneakers for hip-hop and hair pulled back.

Ballet shoes, leotards and tights required for all dance classes. Tap shoes required for tap classes.

YOUTH SPORTS

Athletics Staff:

Andrea Dailey, Athletic Coordinator • 817.410.3457
Tanner Stephens, Athletic Coordinator • 817.410.3472
Scott Hardeman, Athletics Manager • 817.410.3476

RAINOUT HOTLINE: 817.410.3475 AFTER 3:30 PM

Registration Information: Register online at playgrapevinereg.com. Space is limited - first come, first served.

Late Registration Fee: All youth and adult leagues are subject to a 10% late fee.

Schedules and Standings: playgrapevine.com

Athletic Refunds

If approved, all refunds may carry up to a 20% administration fee. For inquiries or a refund request form, please call 817.410.3472.

Volunteer Youth Sports Coaches Needed:

For more information, please call 817.410.3472.
Background Checks: The City of Grapevine has a policy of conducting background checks on all volunteer sports coaches.

T.A.A.F.

The Texas Amateur Athletic Federation (T.A.A.F.) is a state federation providing competition beyond the local level. Currently, over 150 cities combine to establish and maintain the highest level of amateur sports in the state of Texas to promote the development of physical education and to encourage the standardization of rules in all amateur athletics, games and competitions. The objectives of T.A.A.F. are both charitable and educational. For more information, visit www.taaf.com

League Schedules:

We attempt to make every effort to accommodate schedule requests. However, we cannot guarantee all requests.

All Youth Sports Leagues:

A copy of child's birth certificate and team roster is mandatory and due at the coaches meeting.

Venue Alert:

The Parks & Recreation Department utilizes many facilities that are not owned and/or managed by the City of Grapevine for practices and games. In some cases after our schedules are set, we may receive notice

that a particular facility is no longer available for use. In the event that this occurs and there is a last minute cancellation or change, we will make every attempt to notify each team of the change and re-schedule your practice or game.

Spring/Summer

Youth Basketball League

Registration: Mar 1-20

Late Registration: Mar 21-31*

No residency restrictions.

First come, first served. Limited space available.

*Beginning Mar 21, a 10% late fee will be added to both individual and team registration.

Game Site/Days: GCISD facilities/Saturdays

Ages: As of Sept. 1 2015

Divisions:

Boys Indiv. (Division II)

8 & under 612700-12

10 & under 612701-12

12 & under 612702-12

14 & under 612703-12

Girls Indiv. (Division II)

8 & under 612706-12

10 & under 612707-12

12 & under 612708-12

14 & under 612709-12

Boys Team (Division I)

8 & under 612712-12

10 & under 612713-12

12 & under 612714-12

14 & under 612715-12

Girls Team (Division I)

8 & under 612718-12

10 & under 612719-12

12 & under 612720-12

14 & under 612721-12

Fee: \$100/individual (resident)

\$110/individual (non-resident)

(individual fee includes jersey)

\$500/team (resident)

\$525/team (non-resident)

Coaches' Meeting and Practice Sign-up:

All teams must turn in their roster and a copy of each players birth certificate at the coaches' meeting on Sat, Apr 9, 9:00-11:00 AM, Cross Timbers Middle School, 2301 Pool Road, Grapevine.

Practices begin: Week of Apr 17, practices will be held at local GCISD facilities Mon-Thur. Coaches will sign-up for their team's practice site and time.

Season dates: Apr 23-Jun 25

Youth Basketball Fall League

Coming in Oct! Boys and Girls Teams

8 & Under, 10 & Under, 12 & Under, and 14 & Under.

Higher Goals Basketball Camps

Camp featuring: 11-year NBA player Greg Buckner and former/current professional and college players!

Camp schedule will include: daily detailed work in ball handling, shooting, rebounding, defense and passing. Camp will include daily life skills and basketball 101 sessions. Camp awards distributed!

Camp	Dates	Time	Age	Code	Site	Fee
Basketball Camp	Jun 13-17 Jul 11-15 Aug 8-12	9:00 AM-12:00 PM	7-16 yrs	603921-11 603921-12 603921-13	TBA	\$150

Girls' Spring Youth Volleyball

An introductory program for young girls learning the game in a league setting. You may sign-up individually or bring in your own team. Practice sites are available and league games are on Saturdays.

Registration: Feb 1-14

Late Registration: Feb 15-22*

Ages: As of Sept 1, 2015

Divisions:

Girls' Individual

8 & under 612406-11

10 & under 612400-11

12 & under 612401-11

14 & under 612402-11

Girls' Team

8 & under 612407-11

10 & under 612403-11

12 & under 612404-11

14 & under 612405-11

Fees: \$80-individual resident • \$90 (non-resident)

\$350-resident team • \$375 (non-resident team)

*Beginning Feb 15, a 10% late fee will be added.

Rosters and copy of birth certificates are due at time of coaches' meeting!

Coaches' Meeting: Sat, Feb 27, 9:30 AM,
GMS, 301 Pony Pkwy.

Practices begin: The week of Mar 6

Season dates: Mar 19-Apr 23

Additional Info: Practices will be held at local GCISD facilities Sun-Thur. Coaches will sign-up for their team's practice site and time at the coaches' meeting. Jerseys are provided for the individual division only. This is a six-game league. For more information, please call 817.410.3457 or visit playgrapevine.com. Register online at playgrapevinereg.com.

Girls' Summer Youth Volleyball

Registration: May 16-29

Late Registration: May 30- Jun 6*

Ages: As of Sept 1, 2015

Divisions:

Girls' Individual

8 & under 612406-12

10 & under 612400-12

12 & under 612401-12

14 & under 612402-12

Girls' Team

8 & under 612407-12

10 & under 612403-12

12 & under 612404-12

14 & under 612405-12

Fees: \$80-individual resident • \$90 (non-resident)

\$350-resident team • \$375 (non-resident team)

*Beginning May 30, a 10% late fee will be added.

Rosters are due at time of the coaches' meeting!

Coaches' Meeting: Sat, Jun 11, 9:30 AM

GMS, 301 Pony Pkwy.

Practices begin: The week of Jun 19

Season dates: Jun 25-Aug 6

Additional Info: Practices will be held at local GCISD facilities Sun-Thur. Coaches will sign-up for their team's practice site and time at the coaches' meeting. Jerseys are provided for the individual division only. This is a six-game league. For more information, call 817.410.3457 or visit playgrapevine.com.

Venue Alert: The Parks and Recreation

Department utilizes many facilities that are not owned and/or managed by the city of Grapevine for practices and games. In some cases after our schedules are set, we may receive notice that a particular facility is no longer available for use. In the event that this occurs and there is a last minute cancellation or change, we will make every attempt to notify each team of the change and reschedule your practice or game.

Youth Sports Associations

Information and Registration at GCYFA.org

Spring 2016 – 7-on-7 Touch

Football Season

Season dates: Mid Apr through early Jun

Registration: Online in late Jan

- Non-contact and no tackle football
- Players play in divisions based on school grade (2015-2016 school calendar) 1st through 8th grade
- Player eligibility: Must be a Grapevine or Colleyville resident and/or attend GCISD school
- Other Associations participating in the league include Southlake, Northwest, Trophy Club/Roanoke, and Coppell

Fall 2016 – Football Season

Tackle Divisions: 2nd grade through 6th grade in Fall 2016

Flag Division: Kindergarten through 1st grade in Fall 2016

Season dates: Sept through early Nov

Registration: Online in Apr

- Players play in divisions based on school grade (2016-2017 school calendar)
- Player eligibility: Must be a Grapevine or Colleyville resident and/or attend GCISD school
- Other Associations participating in the league include Southlake, Northwest, Trophy Club/Roanoke, and Coppell

Grapevine Gazelles Track Team

Our mission is to teach boys and girls ages 5 to 18 about track and field. We promote a fun atmosphere in which to train. Access to track meets will allow experience and the thrill of competition and teamwork.

Ages: 5-18 yrs

Information & Registration:

coachsuperg@gmail.com

Additional Information: This team competes under USATF, AAU, and TAAF rules.

Grapevine Baseball / Softball Association Recreational Baseball & Softball

Ages 3-18 yrs

Select Baseball ages 8-18 yrs (must attend tryouts and subsequently be selected for a team).

Select Softball ages 10-18 yrs (must attend tryouts and subsequently be selected for a team).

Spring Registration: Online registration will begin in Dec at gbsa.org. If registering online, please have credit card available. If mailing registration form with a check, mail to:

GBSA – Registration
P. O. Box 1732
Grapevine, TX 76099

Fall Registration: Online registration will be begin in Jun at gbsa.org. If registering online, must pay with credit card. If mailing downloaded registration form and check, mail to:

GBSA – Registration
P. O. Box 1732
Grapevine, TX 76099

For more information, please visit gbsa.org or contact us at 817.329.5505.

Sign-up for our mailing list at gbsa.org to be informed of registration dates, select tryouts, rainouts, and other important information.

Grapevine Youth Wrestling (GYW)

GYW is the newest association in town. Come out and join them during workouts. They practice on Mondays, Tuesdays and Thursdays in the fall and winter.

Site: GCISD Facilities

Days / Time: Mon, Tue and Thur / 6:30-8:00 PM

Coach: Leon Leal

Additional Info: For more information, please contact Waymon at 817.913.3846 or waymon.may@gcisd.net

Grapevine-Southlake Soccer Association

Recreational Soccer for ages 4-18

Fall Season: Late Aug through mid-Nov

Spring Season: Late Feb through early May

Registration: Jun / Jul for Fall, Dec / Jan for Spring

Additional Info: gssasoccer.org, 817.410.9950

Soccer is a sport that focuses on teamwork rather than emphasizing individual performance. Grapevine-Southlake Soccer Association promotes recreational soccer, where children of all abilities and experience levels are encouraged to participate. Teams are coached by volunteer parents and may practice one or two evenings per week (depending on age). A minimum of eight games are played each season, mostly on Saturdays.

Soccer Camp Dates/Times

Jun 6-10 / 9:00-11:30 AM

Jul 11-15 / 9:00-11:30 AM

Aug 1-5 / 9:00-11:30 AM

Site: Oak Grove Park

Fee: \$100

Register for soccer camps through ggsasoccer.org or by calling 817.410.9950.

ADULT SPORTS

REGISTER ONLINE AT PLAYGRAPEVINEREG.COM

RAINOUT HOTLINE: 817.410.3475 AFTER 3:30 PM

Men's Basketball

Days/Divisions/Codes:

Mon / Recreational / 611200

Wed / Recreational / 611400

Game Site: Cross Timbers Middle School, 2301 Pool Rd

Ages: 16 yrs & up

Spring (Section 12)

Registration: Mar 13-20

Late Registration: Mar 21-28*

Fee Per Team: \$375

Team Packets: Available online Mar 31 after 12 PM

Season Dates: Apr 4-Jun 15

Indoor Volleyball (Section 12)

Divisions/Codes:

Wed / Coed "For Fun" / 611404

Thur / Coed "Recreational" / 611504

Site: Cross Timbers Middle School

Ages / Fee: 16 yrs & up / \$190 per team

Registration: Jan 24-31

Late Registration: Feb 1-8*

Team Packets: Available online Feb 11, after 12:00 PM

Season Dates: Feb 17-Mar 31

Indoor Volleyball (Section 13)

Divisions/Codes:

Ages / Fee: 16 yrs & up / \$190

Tue / Coed Open / 611204

Site: Cross Timbers Middle School

Registration: Mar 20-27

Late Registration: Mar 28-Apr 4 *

Team Packets: Available online Apr 7, after 12:00 PM

Season Dates: Apr 12-Jun 7

Sand Volleyball

Days/Divisions/Codes:

Wed / Coed "For Fun" / 611403

Thur / Coed "Recreational" / 611503

Site: Dove Park Sand Court, 1509 Hood Lane

Ages / Fee: 16 yrs & up / \$190 per team

Spring (Section 11)

Registration: Mar 20-27

Late Registration: Mar 28-Apr 4*

Team Packets: Available online Apr 7, after 12 PM

Season Dates: Apr 13-Jun 23 (10 game season)

Softball

Divisions/Codes/Fees:

Sun	Coed For Fun	611101	\$200
	Men's D	611102	\$360
	Men's E	611104	\$360
	Men's Super D	611105	\$360
Mon	Coed Rec.	611201	\$360
	Coed Comp.	611202	\$360
Tue	Men's Church Rec.	611301	\$360
	Men's D	611303	\$360
Wed	Men's D	611401	\$360
	Men's E	611402	\$360
	Men's Super E	611406	\$360
Thur	Men's Super D	611501	\$360
	Men's D	611502	\$360
Fri	Coed Rec.	611600	\$360
	Men's E	611601	\$360

Game Site: Oak Grove Ballfield Complex
2520 Oak Grove Loop South
Ages: 16 yrs & up

Spring (Section 11)

Registration: Jan 24-31

Late Registration: Feb 1-8*

Team Packets: Available online Feb 11, after 12:00 PM

Season Dates: Feb 21-Apr 22

Coed Kickball

Game Site: Oak Grove Softball, 2700 Dove Loop Lane
Ages: 16 yrs & up

Days / Divisions / Code:

Mon / Coed Recreational / 611701

Spring (Section 11)

Registration: Jan 24-31

Late Registration: Feb 1-8*

Fee: \$360

Team Packets: Available online Feb 11, after 12:00 PM

Season Dates: Feb 22-Apr 25

Flag Football

Spring 4 on 4 (Section 12)

Registration: Feb 14-21

Late Registration: Feb 22-29*

Day / Code: Tue / 611302

Fees: \$270 per team

Team Packets: Available online Mar 3, after 12:00 PM

Season Dates: Mar 8-Apr 26

Spring 8 on 8 (Section 13)

Registration: Feb 21-28

Late Registration: Feb 29- Mar 7*

Day / Code: Sun / 611103

Fees: \$350 per team

Team Packets: Available online Mar 10, after 12:00 PM

Season Dates: Mar 13-May 15

***Late Registration Fee: All adult leagues are subject to a 10% late registration fee.**

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Lake Grapevine Runners and Walkers Club (LGRAW)

LGRAW is a local non-profit organization dedicated to promoting running, walking and fitness in the Lake Grapevine area. Saturday and Sunday mornings are informal group runs in the Oak Grove Park area. For more information, please visit lgraw.com.

GOLF PROGRAMS

Grapevine Golf Course

Contact the Golf Shop (817.410.3377) or visit us at GrapevineGC.com for more detailed information on our upcoming camps and programs. Private instruction is available. Call the Golf Shop for pricing and availability.

Shawn Humphries Junior Golf Academy
(12 month Academy)

www.shawnhumphries.com

GRAPEVINE TENNIS

Tournaments

All tournaments will have male and female divisions.

Adult Divisions (Men and Women)

3.0 & Below Singles: 711868-11
3.0 & Below Doubles: 711869-11
3.5 Singles: 711850-11
3.5 Doubles: 711851-11
4.0 Singles: 711852-11
4.0 Doubles: 711853-11
4.5 & Above Singles: 711854-11
4.5 & Above Doubles: 711855-11
4.0 & Above Mixed Singles: 711856-11
4.0 & Below Mixed Doubles: 711857-11

Junior Divisions (Boys and Girls)

12 & Under Singles: 711860-11
12 & Under Doubles: 711861-11
14 & Under Singles: 711862-11
14 & Under Doubles: 711863-11
16 & Under Singles: 711864-11
16 & Under Doubles: 711865-11
18 & Under Singles: 711866-11
18 & Under Doubles: 711867-11
14 & Over Jr. Mixed Doubles: 711870-11
14 & Under Jr. Mixed Doubles: 711871-11

Date: May 21

Registration Deadline: May 18

Entry Fee: \$18 singles; \$32 double team

Additional Info: Players will get start times on May 20, by visiting TNTennis.net or by calling Kelly Langdon at 817.233.5793.

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Tennis Classes: All tennis activities take place at the Dove Park Tennis Courts, 1509 Hood Lane. Students need to bring a racquet and a new can of tennis balls to the first class meeting. For more tennis information contact Austin Wynne at 214.668.1619.

Pee Wee Tennis

Designed to create eye/hand coordination while learning basic techniques.

Ages: 3-6 yrs

Sessions / Fee: 01, 02, 03 / \$39

Day / Time / Code: Sat / 8:30-9:00 AM / 707740

JR. Beginner

This class is designed for the student interested in learning the technique of each tennis stroke. Each class will be divided by skill level.

Ages: 6-15 yrs

Sessions / Fee: 01, 02, 03, (4 wks) / \$75

Day / Time / Code:

Wed / 5:30-6:55 PM / 710251

Sat / 9:00-10:25 AM / 710750

Jr. Advanced Beginner

This class is designed for advanced beginner/intermediate players wanting to improve their skills

Ages: 6-15 yrs

Sessions / Fee: 01, 02, 03, (4 wks) / \$75

Day / Time / Code: Sat / 10:30 AM-12:00 PM / 707704

JR. Advanced

Designed for the serious student with prior instruction. Strategy, technique and point situations will be stressed.

Ages: 6-15 yrs

Sessions / Fee: 01, 02, 03, (4 wks) / \$75

Day / Time / Code: Thur / 5:30-6:55 PM / 710550

JR. Intermediate

This class is designed to offer strategy to those players competing at school or in tournaments.

Techniques will continue to be developed.

Players must know the scoring system.

Ages: 6-15 yrs

Sessions / Fee: 01, 02, 03, (4 wks) / \$75

Day / Time / Code: Tue / 5:30-6:55 PM / 710350

NETT Junior Team Tennis - **NEW**

Designed for players wanting to get involved in NETT junior team tennis. Fees include practices once a week for eight weeks, league fee, and team shirt. Fee does not include UTSA membership. Team tennis matches are on Sundays. Call Austin Wynne at 214.668.1619 for more information or to register.

Ages: 7-18 yrs

Days: Thursdays, with matches on Sundays

Time: 5:30-6:55 PM

Fee / Code: \$190 (8 wks) / 707200

Session / Dates: 03 / Mar 7-May 1

Tournament Tough

This class is designed for high school level players (Jr. Varsity/Varsity). This class will emphasize strategies used in tournament competition (Zats/Champs).

Site: Dove Park, 1509 Hood Lane

Sessions / Fee: 01, 02, 03, (4 wks) / \$75

Day / Time / Code:

Tue / 7:00-8:25 PM / 710351

Wed / 7:00-8:25 PM / 710352

Thur / 7:00-8:25 PM / 710353

Package / Fee / Code: Tue, Wed, Thur / \$150 / 710354

Adult Classes

Ages: 15 yrs & up (or high school skill level)

Sessions / Fee: 01, 02, 03, (4 wks) / \$75

Adult Beginner: Designed to teach the basic strokes and techniques. Strategy will be discussed if applicable.

Day / Time / Code:

Wed (lower courts) / 7:00-8:25 PM / 710252

Adv. Beginner/Intermediate:

Day / Time / Code:

Adv Beg/Int / Thur / 7:00-8:25 PM / 710551

Women's Programs:

Ages: 18 yrs & up

Fee: (4 wks), \$75

Beginner:

Days / Times / Sessions / Codes:

Wed / 11:00 AM-12:30 PM / 01, 02, 03 / 710451

Fri / 11:00 AM-12:30 PM / 01, 02, 03 / 710652

Advanced Beginner/Intermediate:

Days / Times / Sessions / Codes:

Wed / 9:30-10:55 AM / 01, 02, 03 / 710450

Fri / 9:30-11:00 AM / 01, 02, 03 / 710650

Tennis Camps

Camp	Days	Time	Age	Code	Site	Fee	Camp Info
Pee Wee	Mon-Thur	10:00-10:25 AM	4-7 yrs	703950	Dove Tennis Courts	\$25	Designed to create eye/hand coordination while learning basic techniques.
Junior Beginner	Mon-Thur	10:30-11:55 AM	6-15 yrs	703951	Dove Tennis Courts	\$80	Designed to teach all basic strokes in a fun, easy-to-learn manner.
Junior Beginner Tennis and Swim	Mon-Thur	10:30 AM-1:25 PM	6-15 yrs	703952	Dove Tennis Courts	\$100	Includes one and a half hours tennis instruction, a half hour lunch and one hour at Dove pool. Bring a sack lunch and swimsuit each day.
Junior Advanced Beginner / Intermediate	Mon-Thur	8:30-9:55 AM	6-15 yrs	703953	Dove Tennis Courts	\$80	Designed for students with prior instruction. Technique and strategy will be stressed.
Tournament Tough	Mon-Thur	8:30-9:55 AM	8-18 yrs	703957	Dove Tennis Courts	\$80	Junior Varsity / Varsity level players
TNT Select	Tue, Wed & Thur Only	1:00-2:30 PM	12-18 yrs	703960	Dove Tennis Courts	\$60	Varsity level players / Qualified players

SESSION

DATES

11 Jun 6-9
12 Jun 13-16
13 Jun 20-23
14 Jun 27-30
15 Jul 11-14

SESSION

DATES

16 Jul 18-21
17 Jul 25-28
18 Aug 1-4
19 Aug 8-11
20 Aug 15-18

Note: Any rainouts will be made up on Friday. All tennis students need to bring a racquet and unopened can of balls to the first day of camp.

GRAPEVINE BOTANICAL GARDENS

Heritage Park • 411 Ball Street, Grapevine, TX

The majestic beauty of the Grapevine Botanical Gardens at Heritage Park, located at 411 Ball Street, was inspired by the vision of the late Mayor Pro Tem C. Shane Wilbanks. Boasting a great lawn, water features, walking bridges, seasonal foliage, an herb garden, a butterfly garden, education events, and friendly docents, the Garden has something for everyone. The grounds are a popular location for weddings, meetings, showers, photo shoots, marriage proposals, and other memory-making fun events. Always free of charge, the beautiful grounds are one of the hidden gems of Grapevine.

CHILDREN'S EVENTS • SPRING 2016

THE ANIMALS THAT PLANT TREES

Let's talk about how trees get planted in nature. We will also make a tree art craft and each will take a tree home to plant. Session includes a story time.

Site: Grapevine Botanical Gardens Pewitt Pavilion

Ages: 3-6 yrs (max 15, min 4)

Date / Time / Codes:

Tue, Jan 19 / 4:00-4:45 PM / 304711-01

Sun, Jan 24 / 2:00-2:45 PM / 304722-01

VEGGIE PEOPLE

A delicious story that's good for you; vegetables that are fun to eat and healthy too. Create a vegetable family and talk about healthy food. Session includes a story time.

Site: Grapevine Botanical Gardens Pewitt Pavilion

Ages: 3-6 yrs (max 15, min 4)

Date / Time / Codes:

Tue, Feb 16 / 4:00-4:45 PM / 304713-02

Sun, Feb 21 / 2:00-2:45 PM / 304726-02

EARTH CRITTERS

Learn how earth creates a safe place for plants and critters. Create a prairie in a box. This session includes a story time.

Site: Grapevine Botanical Gardens Pewitt Pavilion

Ages: 3-6 yrs (max 15, min 4)

Date / Time / Codes:

Tue, Mar 15 / 4:00-4:45 PM / 304714-03

Sun, Mar 20 / 2:00-2:45 PM / 304728-03

LADY WILDFLOWERS

Create and design a wildflower bouquet. Learn how wildflowers create beauty within our lives. This session includes a story time.

Site: Grapevine Botanical Gardens Pewitt Pavilion

Ages: 3-6 yrs (max 15, min 4)

Date / Time / Codes:

Tue, Apr 19 / 4:00-4:45 PM / 304715-04

Sun, Apr 24 / 2:00-2:45 PM / 304730-04

CRICKET TALK

Look at live crickets and learn how they make sound. This session includes a story time and making a cricket craft.

Site: Grapevine Botanical Gardens Pewitt Pavilion

Ages: 3-6 yrs (max 15, min 4)

Date / Time / Codes:

Tue, May 17 / 4:00-4:45 PM / 304709-05

Sun, May 22 / 2:00-2:45 PM / 304718-05

NOTE: Pre-registration is required for all events. There is a \$5.00 fee per event for each child.

SPECIAL EVENTS • SPRING 2016

SURVIVE AND THRIVE PLANT SALE

Grapevine Garden Club

Annual Spring Plant Sale

Sat, Apr 16 • 9:00 AM-1:00 PM

The sale features drought tolerant plants and heirloom perennials, and butterfly nectar and host plants appropriate for our area.

NATIONAL PUBLIC GARDENS DAY

Fri, May 6 • 10:00 AM-6:00 PM

Celebrate the role public gardens play in the community. Stumble upon "stand alone" activities designed to foster education and stewardship.

TOUR THE GARDEN

Docent led tours are available at no charge, however donations are appreciated. Adventure tours can be created to reinforce specific areas of study or achievement programs. Call 817.410.3350 to schedule.



KEEP GRAPEVINE BEAUTIFUL (KGVB)

Keep Grapevine Beautiful (KGVB) is a non-profit organization that focuses on litter reduction and prevention, beautification, and waste reduction through reducing, reusing, and recycling efforts.

KGVB partners with the City of Grapevine, GCISD, the Grapevine Garden Club, GRACE, and other community organizations to work collaboratively towards a cleaner, greener Grapevine. KGVB is an approved non-profit organization that supports the community service requirements for teen court and GCISD organizations.

KGVB programs include two scheduled annual cleanup events, the Don't Mess with Texas Trash-Off in the spring and the Trash and Treasures waterway cleanup in the fall. Additionally, the Adopt-an-Area program allows individuals, families, community groups, and businesses to take an active role in keeping our community litter-free. KGVB also offers specially tailored volunteer projects for corporate team building, churches, scout groups, schools, and other community partners. We love to help create a unique volunteer experience that fits your group's needs!

For more information, please visit kgvb.org, find KGVB on Facebook: www.facebook.com/kgvb.org, or contact knelson@grapevinetexas.gov or 817.410.3122.

Sustain The Vine...a Business Ambassador Initiative

Sustain the Vine is a new initiative specifically designed for the businesses of Grapevine. The goal of the program is to foster awareness and encourage participation in activities and programs that will reduce the amount of natural resources consumed, nonrecyclable waste produced, and reduce the production of pollutants of all kinds.

All participants in the program will receive recognition on the KGVB website, a certificate suitable for framing and a window decal declaring their participation in the program and the level achieved. **To request inclusion in this program, email lori.p.clark@gmail.com.**

Don't Mess With Texas Trash-Off

Apr 11 • 8:00 AM–12:00 PM

The Don't Mess With Texas Trash-Off serves as Texas' signature event for the Great American Cleanup, the nation's largest community improvement program. Volunteers hit the streets and trails to collect trash and recycling. This community-wide cleanup event ends with a celebration lunch, including prizes and more! For more information, call 817.410.3490 or email knelson@grapevinetexas.gov.

EPIC Earth Day

Apr 16 • 8:00 AM–12:00 PM

Plan to join us for our signature event at the Grapevine Botanical Gardens (411 Ball Street). This will be an extravaganza you won't want to miss.

- Vendor Expo: Vendors and community groups will be on hand to showcase Earth-friendly products and services.
- Kid Eco-Play Area: Includes fun kids' activities like face painting and a bounce house, along with a chance to plant vegetables and herbs in the children's garden.
- KGVB Pavilion Plaza: Learn more about how we keep Grapevine beautiful.

Those interested in securing a vendor booth, sponsorships, demonstrations, speaking engagements, or volunteer opportunities, please visit www.kgvb.org, call 817.410.3122 or email knelson@grapevinetexas.gov.



ACTIVE ADULTS 55 & BETTER

Transportation

The REC provides transportation for Grapevine residents 55+ years of age to and from The REC, Monday through Friday. Also provided and scheduled by The REC are opportunities for transportation to the bank, post office, grocery shopping, mall shopping and various activities and special events. Daily transportation reservations are required by 2:00 PM the preceding day.

Lunch

Senior Citizen Services of Greater Tarrant County, Inc. (SCS) provides hot lunches that supply one-third of the RDA at 12:00 PM, Monday through Friday. For those under 60, the cost of the meal is \$6. For those 60+ and their spouse, the meal is available for a suggested contribution of \$2. Reservations are required 24 hours in advance.

Health & Nutrition Education

Educational programs provided by health care professionals.

Senior Movers

This volunteer-based program assists with the medical and dental transportation needs of the local senior population. Riders must be pre-registered, give 48-hour notice of need and require very minimal assistance. For information about this program, please call 817.410.3465.

Friends of the Grapevine Senior Activities Center (FOGSAC)

Tax deductible donations for this 501(c)3 organization are used to improve technology, to supplement recurring programs and to further educational opportunities for active adults 55+ at The REC. For more information, please call 817.410.3465.

NETS

The Northeast Transportation Service is operated by Catholic Charities for adults age 60 and over, the disabled and/or the transportation disadvantaged. Call NETS at 817.336.8714.

Volunteers

There are many opportunities available to teach classes, provide transportation for medical needs and much more. For more information, please call 817.410.3465.

Field Trips

Monthly excursions to a variety of venues. For more information, please call 817.410.3465.

Grapevine Senior Citizens Advisory Board

This City Council-appointed Board meets the first Tuesday of each even-numbered month at 3:30 PM to address senior issues in our community. This is an open meeting. Changes or cancellations will be posted on grapevinetexas.gov.

Newsletter: The Grape Affair

Grapevine residents age 55 or better who would like to receive the monthly newsletter by mail, please call 817.410.3465. To receive via email, contact us at pardinfo@grapevinetexas.gov.

Oil Painting • FREE

Designed for the novice as well as the advanced artist. Work on independent projects and receive guidance from a qualified teacher.

Day / Time: Tue / 10:00 AM
Code: 805302

55 Fit

A fun, social class with a little bit of everything including a warm up, aerobic exercise and a cool down that helps improve flexibility, balance, endurance, and coordination. Bring a water bottle to class. Sign up for 1, 2 or 3 classes depending on your schedule.

Day / Time / Code:
Mon / 11:00-11:45 AM / 806004
Wed / 11:00-11:45 AM / 806005
Fri / 11:00-11:45 AM / 806006

Card Making Classes

Make a unique handmade card each week using a variety of techniques.

Day / Time: Fri / 1:00 PM
Code: 805303

Yoga Lite

This class incorporates standing and sitting poses to improve flexibility, range of motion and balance. Relaxation techniques and focused breathing helps to calm us and to seek an inner joyfulness. Bring a water bottle to class.

Day / Time: Thur / 1:00-1:50 PM
Code: 806502

Culture Club

Teaming with Artreach-Dallas Inc., we offer a variety of trips to symphonies, plays, musicals and concerts. Become a member any time. Sign up at Active Adult Desk.

Annual membership:
Jun 1, 2015–May 31, 2016
Fee: \$10 per year

Beginner T'ai Chi

No-impact exercise combining gentle, fluid movements and thoughtful concentration to create the total mind, body and spirit workout.

Day / Time: Wed & Fri / 10:30 AM
Code: 806201

Computer Classes

Many topics are covered in class for the beginner to the advanced.

Registration: Jan 4, Feb 29
Walk-Ins: 9:00 AM–12:00 PM
Call-Ins: 1:00-2:00 PM

Active Adult Water Aerobics

Days / Time / Code:
Mon & Wed / 8:00-8:50 AM / 806003
Tues & Thur / 8:00-8:50 AM / 806007

Bridge

This friendly group invites everyone to join the fun. Brush up on your skills while learning technique and strategy.

Day / Time: Tue / 10:00-11:45 AM
Code: 805301

Chorus

If you love to sing no matter if you're in key or not, this group is for you! Learn new songs, make new friends and engage in community outreach by performing programs off-site.

Day / Time: Thur / 10:00-11:30 AM
Code: 805501

Strength Training

A great class designed for active adults 55+ to help promote bone density, strength and flexibility. A fun, motivating class with various exercises that will make a difference and are age and multi-level appropriate. Sitting and standing exercises are used for a fun, healthy, overall workout. Beginners to advanced will enjoy this class.

Day / Time: Mon & Wed / 1:00 PM
Code: 806800

Cycling with Megan

Come ride with us in our cycling class and tour the world. Indoor cycling is a great cardiovascular workout for ages 55 and better. Climb some hills or just pedal; just keep moving. Bring water, a small towel and wear closed toed shoes.

Day / Time: Thur / 10:30 AM
Code: 806501

Mah Jongg

A game of both skill and luck that originated in China many centuries ago and was brought to the West in the 1920s. Join this friendly group; we will teach you the game!

Day / Time: Mon / 1:00-4:00 PM
Code: 809201

Order of Plaid Shirts (FOPS)

Join a group of gentlemen who fraternize once a month and enjoy a variety of tours and lunch.

Days / Time: Varies
Please call 817.410.3465 for schedule.

AARP Tax-Aide

Assistance from certified volunteers available by appointment to help with tax returns for those in the low to middle income range with special emphasis given to those aged 60 and over. Call for an appointment.

Day / Date: Wed / Feb 3-Apr 13
Time: 8:30 AM–4:30 PM

Go Go Girls from Grapevine

A variety of field trips planned exclusively for women on the go! Join the fun!

Days / Time: Varies

Please call 817.410.3465 for schedule.

Sizzlin' Seniors Basic

This is a free class designed for seniors, all fitness levels. Exercise in a chair or standing up, targeting strength, flexibility, balance and core. Fitness equipment such as balls, exercubes and handweights are used, along with oldies music to create a fun and energetic fitness class.

Days / Time: Tue,Thur / 10:45-11:45 AM and Fri / 12:00-12:45 PM

Code: 806008

Sizzlin' Seniors Circuit

This is a free class consisting of a timed circuit with multiple stations. The focus of this class is strength, lite cardio and balance. Energetic music makes for a great class for the more active senior.

Day / Time: Wed / 12:00-12:45 PM

Code: 806009

Vine Quilters

Learn a variety of techniques in this casual ongoing class taught by published quilter Sandra Millett.

Day / Time: Wed / 10:00-11:45 AM

Code: 805400

Jewelry Making

Join a merry band of beaders and make earrings, necklaces, bracelets and more! Unleash your creativity and learn skills to make jewelry with beads, wire, ribbon, leather, etc. Beginners and those more experienced are welcome. Learn new techniques and explore a variety of methods and materials to make beautiful jewelry you'll be proud to wear and give as gifts.

Day / Time: Thurs / 10:00-11:45 AM

Code: 805500

Aging Mastery Program®

10-week program sponsored by the National Council on Aging to help baby boomers and older adults take key steps to improve their well-being and prepare for longer longevity. Speakers, group discussion, peer support and small rewards give participants the skills and tools needed to manage their health, remain economically secure and contribute actively in society.

Day / Date / Time:

Thurs / Jan 7-Mar 10 / 10:00-11:30 AM

Code: 809000-10

Young@Heart Gardening Series (Active Adults 55 & Better)

All Active Adult programs are from 10:00 AM-12:00 PM, require pre-registration, and cost \$5.00 per person. Classes are held in the Bessie Mitchell House and include a tour of the Garden and a chance to feed the Japanese Koi.

Jan 25 • For The Birds

Gardeners love to care for birds in winter. Learn how to care for them and make a suet bird feeder to take home.

Code: 804200-01

Feb 22 • Ivy League

Learn about ivy and how it can be trained into shapes. Take home a custom made trellis and start an ivy on its way up.

Code: 804200-02

Mar 28 • Spring Time

As we are approaching the spring season, we need more plants. Make your own personalized planter, add plants and brighten the patio.

Code: 804200-03

Apr 25 • Floral Design

Learn about floral design and how to use design tools. Make a pleasing flower arrangement to take home.

Code: 804200-04

WEEKLY SCHEDULE

MONDAY

8:00 AM: Water Aerobics
8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:30 AM: Music Jam
11:00 AM: 55 Fit
1:00 PM: Strength Training
1:00 PM: Mah Jongg

TUESDAY

8:00 AM: Water Aerobics
8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:00 AM: Oil Painting
10:00 AM: Bridge
10:45 AM: Sizzlin' Seniors Basic
1:00 PM: Bingo

WEDNESDAY

8:00 AM: Water Aerobics
8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
9:45 AM: Grapevine Shopping
10:00 AM: Bridge
10:00 AM: Quilting
10:30 AM: Beginner T'ai Chi
11:00 AM: 55 Fit
12:00 PM Sizzlin' Seniors Circuit
12:45 PM: Grocery Shopping
1:00 PM: Strength Training

THURSDAY

8:00 AM: Water Aerobics
8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:00 AM: Jewelry Making
10:30 AM: Cycling with Megan
10:45 AM: Sizzlin' Seniors Basic
1:00 PM: Yoga Lite

FRIDAY

8:00-11:00 AM: Walking (indoor)
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:30 AM: Beginner T'ai Chi
11:00 AM: 55 Fit
12:00 PM: Sizzlin' Seniors Basic
1:00 PM: Basic Line Dancing
1:00 PM: Card Making



collette presents...
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Venice, Florence & Rome



8 Days - 9 Meals • October 8 - 15, 2016

Highlights: Venice, St. Mark's Square, High Speed Train, Florence, The Duomo, Rome, The Colosseum

- Dine in true Italian-style with wine at every included dinner!
- Explore Venice, one of Italy's most unique cities.
- A walking tour of Florence features the city's artistic and architectural gems, including the Piazza della Signoria.
- Sightseeing in Rome features a panoramic tour of the city and a visit to the Colosseum and the Roman Forum.

Double \$4099*

Book before April 9, 2016 and save **\$100** per person. **PLUS** take an additional **\$50** off if you join us on January 26, 2016 at 10:00 AM for a special presentation at The REC of Grapevine and book that day!



Contact Eileen Hinson, The REC of Grapevine:
817.410.3465 or ehinson@grapevinetexas.gov

Travel provided by
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*Rate is per person and includes roundtrip air from Dallas Ft Worth Intl Airport, air taxes and fees/surcharges, and hotel transfers. Airfare: For your convenience, we offer airfare for purchase with all tour packages. If you purchase an air-inclusive program, your airfare will be quoted inclusive of all fuel, taxes and fees. Your rates are subject to change until paid in full. Seats are limited and may not be available on every flight or departure date. Checked Baggage Charges: Some airlines may impose additional charges if you choose to check any baggage. Please contact your airline or refer to its website for detailed information regarding your airline's checked baggage policies.

CST# 2006766-20 UBN# 601220855 Nevada Seller of Travel Registration No. 2003-0279

SPECIAL EVENTS

Daddy Daughter Dance Midnight Masquerade

Choose a mask and wear it well, so your true identity, no one can tell.

City of Grapevine cordially invites daddys and daughters alike to enjoy an enchanting evening of dancing, food and fun. This formal affair is a stylish night of dreams and sophistication to help you create memories you will cherish for a lifetime as you dance the night away. Tickets go on sale Dec 28 and are available for purchase at The REC by calling 817.410.3450 or at playgrapevinereg.com. Space is limited and the event will sell out quickly. Tickets will not be sold at the door.

Dates: Fri, Jan 29 and Sat, Jan 30

Times: Fri 7:00–9:00 PM

Sat 4:00–6:00 PM

Sat 7:00–9:00 PM

Location: Compass Center, 4201 Pool Road

Fee: \$15/person on or before Jan 23; \$20/person beginning Jan 24

Code: 709752-01, 02, 03

Ages: 2-18 yr old girls

Registration Deadline: Wed, Jan 27

41st Annual Easter Egg Hunt at Nash Farm

Take a trip to the farm this spring for our annual egg hunt. Mr. Bunny will be hiding thousands of eggs at Nash Farm for a hopping good time. Special prize eggs will be hidden in each age division. Let our face painters turn you into a bunny and enjoy other activities such as a petting zoo, wagon rides, and more! There will be 5 different hunts by age group. Bring your camera for a myriad of great photo opportunities.

Date / Time: Sat, Mar 19 • 9:30 AM-12:30 PM

Location: Nash Farm, 626 Ball Street

Egg Hunt Divisions / Times: 7-9 yrs at 10:00 AM, 0-2 yrs at 10:30 AM, 5-6 yrs at 11:00 AM, 3-4 yrs at 11:30 AM, All Ages at 12:00 PM

Fee: FREE

Ages: 0-12 yrs

Additional Information: In the event of inclement weather, festivities will be rescheduled for Mar 26. The "All Age Hunt" at 12 pm is for children 10 and older OR children who did not participate in their age group hunt that morning. Out of respect for others, no "repeat" hunters, please.

Mother Son Date Night

007- Mother Son Bonding: Diamonds are Forever

Experience the heroic and thrill-filled world of the best James Bond adventure ever known! This event is filled with daring missions to thwart villainous plots, Q's newest and coolest spy gadgets, fast cars and explosive action where mother and son save the day. Always dressed to impress, 007 is the secret agent who always beats the bad guy and saves the beautiful girl (that's you, mom!) Join us for a fun and delicious evening-shaken, not stirred- where the action doesn't stop until the credits role.

Date / Time: Fri, Apr 22 / 7:00-9:30 PM

Location: Compass Center, 4201 Pool Road

Fee: \$15/person on or before Apr 16; \$18/person beginning Apr 17

Code: 709753-03

Ages: 2-18 yr old boys

Additional info: Dinner and dessert will be provided.

Mom & Me Tea, Alice in Wonderland

How lovely it would be if you would join us for tea! Don't be late for this very important date! Please join us down the rabbit hole for a wonderland party and have tea with the Mad Hatter and friends. Enjoy treats, crafts and special time together as mom and daughter create a lifetime of memories. Don't forget to come dressed with your maddest hat for a prize. Pictures will be available for a small charge.

Date: Sat, May 7

Time: 9:30-11:00 AM, 1:00-2:30 PM and 4:00-5:30 PM

Location: Botanical Gardens, 411 Ball St.

Fee: \$12/person

Code: 709754-10, 11, 12

Age: All ages welcome

Registration Deadline: Wed, May 4, 2016

Additional Information: In the event of inclement weather, Mom and Me Tea will be held in The REC Event Hall.





The Amazing Race: Father Son Edition

Are you in it to win it? Complete challenges, road blocks and detours as a pair to find your way to the finish line! Teamwork and endurance are key in the mystery that is the Amazing Race. Climbing, paddling, and running will all be necessary to win first place! Enjoy a day outside together creating competitive memories to last you a lifetime.

Date / Time: Sat, Jun 11 / 9:00 AM-12:00 PM

Location: Meadowmere Park, 3000 Meadowmere Ln

Fee: \$15/person on or before May 28; \$20/person May 29-Jun 8

Code: 888800-01

Registration Deadline: Wed, Jun 8

Additional Information: Friday Night Campout: Get out to Meadowmere early and stake your spot to strategize and scheme for the next day's events. Discounted camping rates available for those registered for the race!

Fourth Friday Films

Join us on the fourth Friday of each month for our Second Annual Fourth Friday Film Series! Bring your lawn chairs, blankets, family, and friends to enjoy a film under the stars! Starting in May, we will show a different movie each month at a different park starting at dusk. Follow us on social media to find out what movie we'll be showing!

Date / Location:

May 27 – Heritage Park

Jun 24 – Parr Park

Jul 22 – Dive-In Movie at Dove Waterpark*

Aug 26 – The Park at The REC

Sept 23 – Trawick Pavillion at Oak Grove Park

Time: Movies begin at dusk

Fee: FREE

Age: All Ages Welcome

Additional Information: *normal admission fees will apply to Dive-In Movie



GRAPEVINE EVENTS

Tower Gallery & Grand Gallery **636 S. Main St.**

Open daily. Mon–Fri, 9:00 AM–5:30 PM.;
Saturday, 10:00 AM–6:30 PM; Sunday, Noon–5:00 PM. Free.
Visit GrapevineMuseums.com, for more information.

Settlement to City Museums **at Ted R. Ware Plaza** **206 W. Hudgins St.**

Learn the history of Grapevine through hands-on activities,
photographs and artifacts. Tue–Sat, 10:00 AM–4:00 PM;
Sunday, 11:00 AM–4:00 PM. Free.

First Friday & Classic Film Series **Palace Theatre, 300 S. Main St.**

Enjoy a movie in the Historic Palace Theatre. Ticket prices
are \$6 per person. For more information, visit
Palace-Theatre.com or call 817.410.3100.

Nash Farm Activities & Events **Nash Farm, 626 Ball St.**

Grapevine's Historic Nash Farm offers year-round fun for
the entire family. Visit the website for a full listing of special
events, First Friday and Frugal Farm Wife programs at
NashFarm.org. Some events require pre-registration and
have limited space. 15th Annual Spring Into Nash,
Apr 16, 10:00 AM–2:00 PM.

Grapevine Vintage Railroad **Cotton Belt Depot, 705 S. Main St.**

Hop aboard the Grapevine Vintage Railroad and step
back in time to the 19th century. Visit GVRP.com for full
schedule, pricing and seating details.

Sweetheart Wine Trail Historic Downtown Grapevine

Feb 13 & 14, 11:00 AM-5:00 PM

Along the wine trail, guests will taste three varieties of wines from each winery and enjoy food compliments. For adults 21 yrs. old and over. Visit GrapevineWineryTrail.com for more details.

Jazz Wine Trains

Cotton Belt Depot, 705 S. Main St.

Mar 18 & 19 • 6:30 PM

There's nothing like jazz music, delicious food, fine wine and a trip back in time. The captivating excursion features new release wines from Grapevine winery tasting rooms. Train returns approximately 9:30 PM. For adults 21 yrs. old and over. Visit GVRR.com for more details.

Day Out With Thomas™

Cotton Belt Depot, 705 S. Main St.

Apr 1, 2 & 3 and Apr 8, 9 & 10

The event features an approximately 25-minute train ride with Thomas the Tank Engine™, Thomas & Friends™ themed entertainment, storytelling, live music and more. Visit GVRR.com for more details.

Grapevine Market

Liberty Park, 215 S. Main St.

Thursdays & Saturdays,

Apr 7 through Oct 15 • 9:00 AM-2:00 PM

Come experience open-air, European-style shopping in Historic Downtown Grapevine.

Grapevine Farmers Market

Town Square Gazebo, 325 S. Main St.

Thursdays, Fridays & Saturdays,

Apr 7 through Oct 15 • 8:00 AM-4:00 PM

Enjoy locally grown produce from local, regional and Texas farmers. For produce information, visit FarmersMarketOfGrapevine.com.

24th Annual Blessing of the Vines & New Vintage Wine and Gallery Trail

**Delaney Vineyards, 2000 Champagne Blvd., and
Historic Downtown Grapevine**

Apr 9 • 10:00 AM-5:00 PM

Start the day at Delaney Vineyards and take part in the Blessing of the Vines. The ceremony begins with a colorful procession through the largest vineyard in North Texas. A complimentary wine tasting with live entertainment will follow. Then, experience the New Vintage Wine Trail where you will enjoy a memorable journey to experience first-hand the many unique winery tasting rooms in Grapevine.

12th Annual ChocolateFest

Grapevine Convention Center, 1209 S. Main St.

Apr 15 • 7:00-10:00 PM. Evening of Chocolate & Wine

Apr 16 • 10:30 AM-2:30 PM. Day of Chocolate & Art

Sample rich and delectable confectionaries from some of the finest chocolatiers in North Texas. Visit ChocolatefestGrapevine.org for more details.

*All events subject to change. For more information about Grapevine special events and festivals, please call 817.410.3185 or visit GrapevineTexasUSA.com.





LAKE PARKS

Meadowmere Park

3000 Meadowmere Lane

Meadowmere Park boasts over 200 acres of recreational opportunities with everything from primitive camping sites, kayak and standup paddleboard rentals, designated swim beach, state-of-the-art play structure, picnic shelters, bbq grills, a group pavilion and ample open space. Our camping sites allow for two tents per site, 6 campers, and plenty of space between sites allowing for a remote camping experience.

Park Office: 817.488.5272

Group Pavilion Rentals: 817.410.3470

Day Use Entry Fee: *\$5 per car

Overnight Camping Fee: *\$25 per site

*Holiday rates: Day Use \$10 per car, Overnight Camping \$35 apply on weekends of Easter, Memorial Day, 4th of Jul and Labor Day

Rockledge Park

3600 Pilot Point

Rockledge Park offers stunning views of Grapevine Lake amidst a unique rocky outcropping. The park provides a large group pavilion, park store, picnic tables, incredible views of the Friday night and Jul 4 fireworks shows and access for hikers and mountain bikers to Northshore Trail. This premier photo shoot location offers breathtaking scenes of bluffs, beaches, and sunsets over the lake. To schedule a photo shoot, \$50 per hour (one hour minimum), contact Sheila Rich at srich@grapevinetexas.gov.

Park Office: 817.454.1058

Group Pavilion Rentals: 817.410.3470

Day Use Entry Fee: *\$5 per car

*Holiday rate: Day Use \$10 per car applies on weekends of Easter, Memorial Day, 4th of Jul and Labor Day

The Vineyards Campground & Cabins on Grapevine Lake

1501 North Dooley Street

The nationally award winning Vineyards Campground & Cabins is Texas' premier camping destination. The Vineyards has ample space for your RVs with spots for all size rigs. In addition to our 93 full hookup RV sites, the Vineyards offers 15 climate controlled lakeside cabins.

Wake up on the shores of Grapevine Lake while still having all the comforts of home. You can join in exclusive campground activities, go hiking, fishing, swimming, kayaking, trail exploring or simply lounge on your cabin's porch and enjoy the lakefront views of this one of a kind park. All cabins are fully-furnished with linens, stove*, microwave, refrigerator, dishes, cable TV, Wi-Fi and more, and can accommodate two to six people, so the whole family can participate in the fun!

*Excluding duplex unit

Reserve online at vineyardscampground.com or call the park office for best available dates at 817.329.8993.

If you love spending time at the lake, purchase an annual Lake Park Pass for year round park and boat ramp access. Available at The REC of Grapevine, Meadowmere Park or Rockledge Park. Resident pass \$35, Non-resident pass \$75

NEW FOR 2016

Lake Park Passes will be changing from the calendar year format and will now be valid for one (1) year from date of purchase.

OUTDOOR RECREATION

Introduction to Fly Fishing

This introductory course will take the most novice fishing enthusiast and turn you into a seasoned fly fisherman. Following a systematic curriculum, Introduction to Fly Fishing will take you through the basics of equipment, forward casting and back casting with ample hands-on experience and instruction from a veteran fly fishing instructor. Register at The REC or at playgrapevinereg.com. ALL EQUIPMENT IS PROVIDED.

Location: Pickering Park Pavilion, 1901 N Kimball Ave.

Dates: Apr 4, 11, 18, 25

Time / Day: 6:00-7:00 PM / Mon

Age / Fee: 15 yrs & up / \$55

Code: 703805

CAMP - Survival Games

Do you have what it takes to survive? Learn to build shelters, start a campfire, identify plant life, undertake wilderness navigation training and hike the terrain of Grapevine lake all while working as a team in the game of survival. Ready your energy, courage and acquire skills to survive, endure and conquer the challenges of nature!

Dates: Jun 6-10, Jun 13-17, Jun 20-24, Jun 27-Jul 1, Jul 11-15, Jul 18-22, Jul 25-29, Aug 1-5

Time: 9:00 AM-12:00 PM

Age / Fee: 7-13 yrs / Residents \$130 • Non Residents \$150

Code: 777700

SAILING CAMPS

grapevinejuniorsailing.org • 972.672.4018

RISE Adaptive Sports Kicking Off the Summer Bash

An outdoor adventure experience for the physically challenged. Enjoy the physical, mental and social benefits of weekly recreational programs. Sample the latest in adaptive equipment: water skiing, jet skiing, sailing, kayaking, fishing, hand cycling, remote control sailboats, quad rugby, basketball, face painting, and many more fun activities. This event is FREE for qualified participants and their families. Complimentary food, beverages and live music will be provided. RISE Adventures is a non-profit charitable organization. For more information on participation, sponsorship, or volunteering, please visit riseadventures.org or call 469.762.5075.

Location: Meadowmere Park, 3000 Meadowmere Lane

Date / Time: Sat, May 14 / 9:00 AM- 3:00 PM

Grapevine Lake Paddle Trail Grand Opening Event

Come celebrate the opening of the Grapevine Lake Paddle Trail! Grapevine Parks and Recreation and Texas Parks and Wildlife have collaborated to bring kayaking, canoe and standup paddleboarding enthusiasts to Grapevine by establishing the first ever paddling trail on Grapevine Lake. Join us in kicking off this exciting addition to Grapevine's Lake Parks and enjoy free kayaking and paddleboarding, refreshments, giveaways and more!

Location: Meadowmere Park, 3000 Meadowmere Lane

Date / Time: Sat, Jun 4 / 9:00 AM- 12:00 PM

Fee: FREE

CAMP	DATES	TIMES	AGES	CODE	SITE	FEE
Learn to Sail Camp	Jun 6-17 (two wks) (M-F)	9 AM-4 PM	7-16	703954-10	Scott's Landing Marina. Grapevine Lake	\$525
Learn to Sail Camp	Jun 20-Jul 1 (two wks) (M-F)	9 AM-4 PM	7-16	703954-11	Scott's Landing Marina. Grapevine Lake	\$525
Learn to Sail Camp	Jul 5-15 (two wks) (M-F)	9 AM-4 PM	7-16	703954-12	Scott's Landing Marina. Grapevine Lake	\$525

Campers will learn the joy of sailing. We will teach them the basics of how to sail as well as the parts and proper care of a boat. The sessions have been developed to accommodate all levels of students. From beginners with no experience to kids that have taken the camp previously. Campers should bring a U.S. Coast Guard approved life jacket. Campers may register for multiple camp sessions.

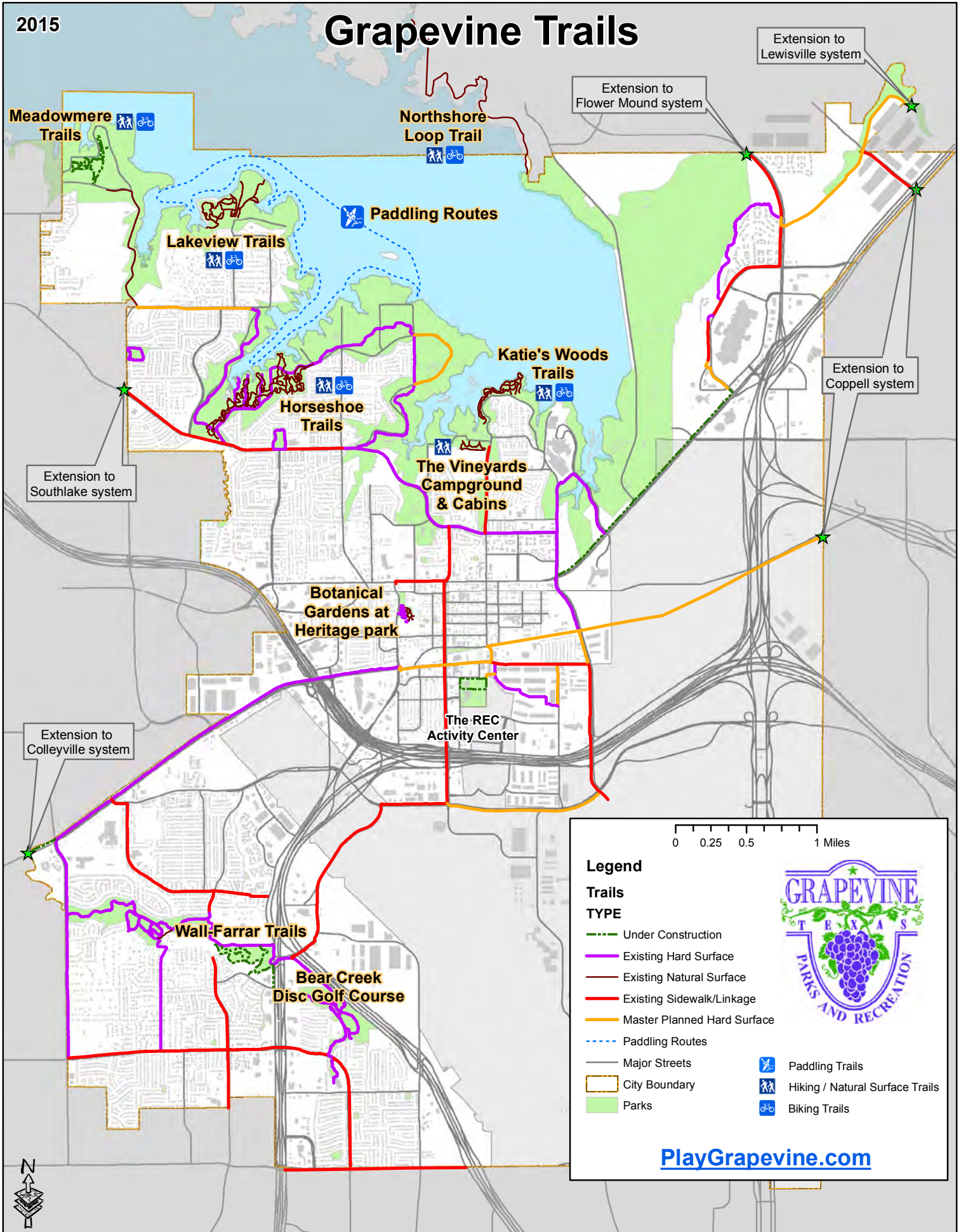
Race Camp for Optimist Sailors	Jun 6-17 (two wks) (M-F)	9 AM-4 PM	7-16	703954-10	Scott's Landing Marina. Grapevine Lake	\$525
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Campers will learn the joy of racing sailboats. This camp is for both the beginning and advanced racer using the Optimist Sailboat. Campers should have completed at least one session of the recreational camp prior to attending. The camp is geared towards juniors that want to move into the racing program or who have been on the racing team. Campers will learn the racing rules of sailing, boat speed and basic racing tactics

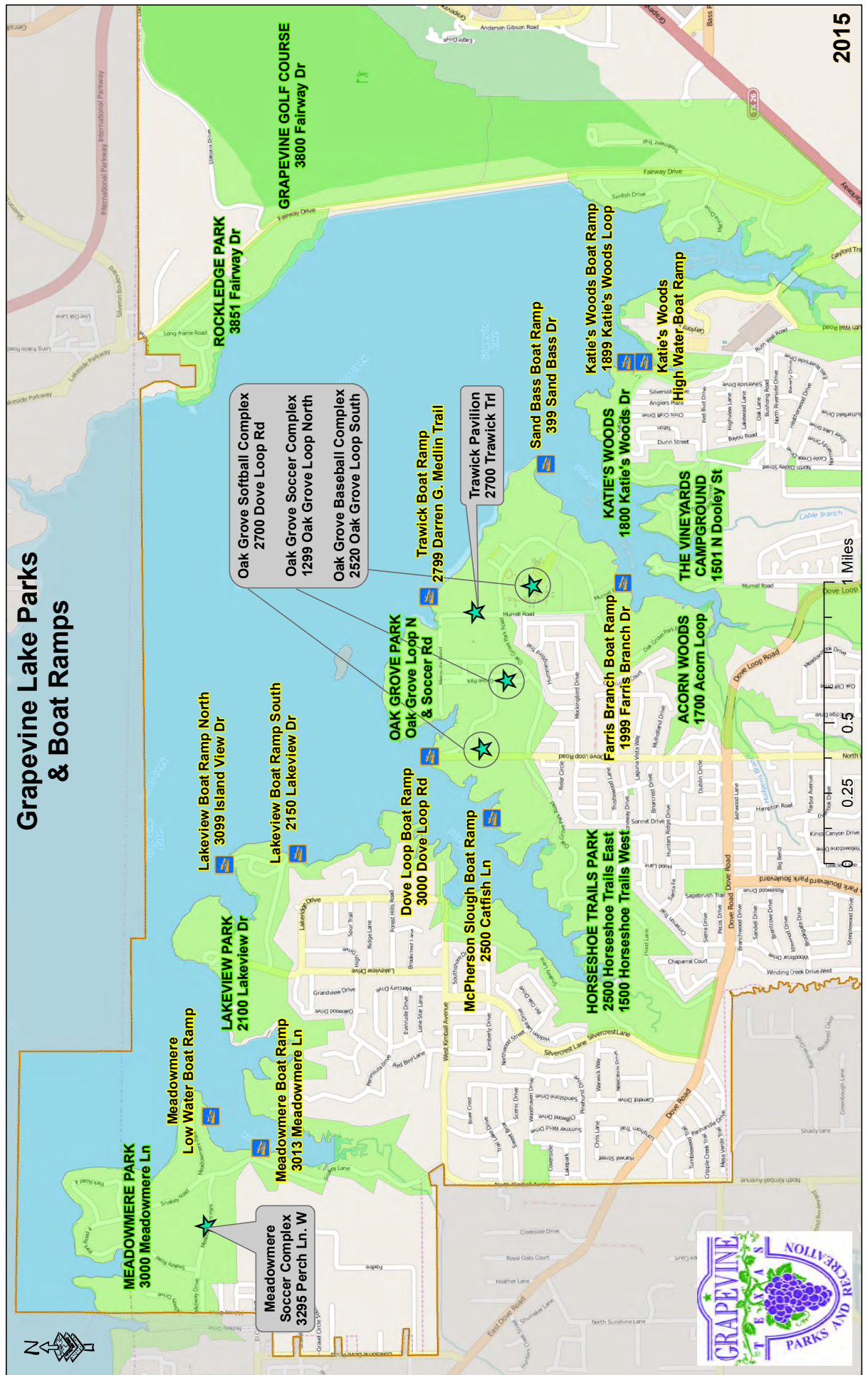
Race Camp for Laser/420 Sailors	Jun 20-Jul 1 (two wks) (M-F)	9 AM-4 PM	7-16	703954-10	Scott's Landing Marina. Grapevine Lake	\$525
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Campers will learn the joy of racing sailboats. This camp is for both the beginning and advanced racer using the Lasers and 420's. Campers should have completed at least one session of the recreational camp prior to attending. The camp is geared towards juniors that want to move into the racing program or who have been on the racing team. Campers will learn the racing rules of sailing, boat speed and basic racing tactics

Grapevine Trails



GRAPEVINE LAKE PARKS AND BOAT RAMPS



REGISTRATION INFO

Registrations will be processed on a first-come, first-serve basis. No early registrations will be accepted.

ONLINE REGISTRATION

Register online at playgrapevine.com. You must have a user ID and password, which may be obtained at The REC of Grapevine. Visa or MasterCard required for payment. Due to fee structure, some classes may not be available on-line. Due to fees not being discounted online, HERO recipients cannot register via the Internet.

PHONE-IN REGISTRATION

Households that have previously registered for Parks and Recreation programs, and are therefore already in our computer system, may register by phone. Payment must be made with Visa or MasterCard. Memberships may not be processed over the phone. Please have your Play Grapevine guide and credit card available to expedite registration. Please call 817.410.3450 for phone-in registrations.

WALK-IN REGISTRATION

Will be accepted at The REC of Grapevine

REFUNDS

Your satisfaction is important to us! If you are not completely satisfied with your class, please notify us. The following are general guidelines for refunds:

- 1) A refund may be prorated dependent upon the date of the request. Refunds must be requested prior to the midpoint of that session.
- 2) All requests for refunds will be reviewed by staff.
- 3) A Refund Request Form must be completed in person or with a staff member via telephone. Forms may be obtained at The REC of Grapevine.
- 4) Refunds will be refunded back to the credit card charged and applied to the household account for future use, or processed and a check returned. No cash refunds.

CANCELLATIONS

All programs must have a minimum number of participants in order to be conducted. If a program does not meet this minimum no later than 48 hours prior to the program start date, the class may cancel/combine or make any revisions necessary. A full refund will be processed and mailed. Please allow 3 weeks for refund.

PLAYER'S NOTICE

Participants must recognize that all classes/activities of a physical nature involve some risk, and by registering for a class/activity of this nature, there is an assumption of risk by the participant. The City of Grapevine Parks & Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff and instructors. Every effort is made to ensure the safety of the participants and to provide them with first-class leisure activities, facilities and parks. In the event of a serious accident or illness, it is the policy of the City of Grapevine to:

- 1) Contact Grapevine Fire Department Emergency Services to perform first aid, and when necessary, recommend transportation to a hospital.
- 2) Reach the parent and/or legal guardian as soon as the situation allows.

LAKE PARKS ANNUAL PASSES

Purchase yours today at The Vineyards Campground and Cabins (1501 North Dooley St), Meadowmere Park (3000 Meadowmere Ln), and Rockledge Park (3600 Pilot Point). These calendar year passes provide holders use of all nine public boat ramps in Grapevine and access to Meadowmere and Rockledge Parks.



PARKS ADDRESSES

9/11 PLAZA
2 Texan Trail

ACORN WOODS
1000 Oak Grove Loop S.

AUSTIN OAKS PARK
528 Austin Creek Dr

BANYAN PARK
350 Banyan Drive

BEAR CREEK PARK
3230 South State Hwy. 360

BELLAIRE PARK
1004 Pine Street

**BIG BEAR CREEK
NATURE PRESERVE**
3010 Parr Lane

**BOTANICAL GARDENS
AT HERITAGE PARK**
411 Ball Street

CANNON ELEMENTARY
1300 W. College

CASEY'S CLUBHOUSE
1509 Hood Lane

C.J. HUTCHINGS PARK
1201 Cable Creek Drive

CLUCK PARK
312 Central Drive

COMMUNITY OUTREACH
3010 Mustang Drive

**CONVENTION CENTER &
LIBRARY**
1201 Municipal Way

**CROSS TIMBERS MIDDLE
SCHOOL**
2301 Pool Road

DOVE WATERPARK
1509 Hood Lane

DOVE CROSSING PARK
1701 Stoneway Drive

**DOVE ELEMENTARY
SCHOOL**
1932 Dove Road

**FAITH CHRISTIAN
SCHOOL**
730 E. Worth

**FAITH CHRISTIAN
SCHOOL PARK**
500 Austin Street

GLADE CROSSING PARK
512 Westbury Drive

GLADE LANDING PARK
5201 Brettenmeadow Drive

GRACE PARK
610 Shady Brook Drive

HAZY MEADOWS PARK
4300 Hazy Meadows Drive

HERITAGE CENTER
701 S. Main Street

**HERITAGE ELEMENTARY
SCHOOL**
4500 Heritage Road

HERITAGE PARK
200 Ball Street

HIGHPOINT PARK
4121 Freeport Parkway

**HORSESHOE TRAILS
PARK**
2099 Hood Lane

JACKSON PAVILION
3501 Pavilion Place

KATIE'S WOODS PARK
1700 Katie's Woods Drive

LAKE POINTE PARK
1150 West Dove Loop Road

LAKEVIEW PARK
3850 Lakeview Drive

LIBERTY PARK
215 S. Main Street

MEADOWMERE PARK
3000 Meadowmere Lane

MEADOWMERE SOCCER
3295 W. Perch Lane

MCPHERSON SLOUGH
1400 Horseshoe Trail E.

**OAK GROVE BALLFIELD
COMPLEX**
2520 Oak Grove Loop South

**OAK GROVE SOCCER
COMPLEX**
1299 Oak Grove Loop North

**OAK GROVE SOFTBALL
COMPLEX**
2700 Dove Loop Road

OAK RIDGE PARK
2590 Juniper Lane

PARKWOOD PARK
1901 Woodcreek Drive

**PARR PARK AND
SPRAYGROUND**
3010 Parr Lane

PECAN PARK
4200 Halmont Drive

PICKERING PARK
1901 Kimball Road

PLEASANT GLADE POOL
1805 Hall-Johnson Road

THE REC
1175 Municipal Way

ROCKLEDGE PARK
3600 Pilot Point

SAND BASS POINT
399 Sand Bass Drive

SHADOW GLEN PARK
1815 Altacrest Drive

**SILVERLAKE
ELEMENTARY SCHOOL**
1351 N. Dooley

**SUNSHINE HARBOR
PARK**
821 Dawn Lane

**TIMBERLINE
ELEMENTARY SCHOOL**
3220 Timberline Road

TOWN SQUARE
325 S. Main Street

TRAWICK PAVILION
2700 Darren Medlin Trail

**THE VINEYARDS
CAMPGROUND &
CABINS**
1501 N. Dooley Street

WALL-FARRAR PARK
W.D. Tate & State Hwy 360

**YORKSHIRE MEADOWS
PARK**
2710 Whitby Lane

BOAT RAMPS

DOVE LOOP RAMP
3000 Dove Loop Road

KATIE'S WOOD'S RAMPS
1899 Katie's Woods Loop

LAKEVIEW RAMP NORTH
3099 Island View Drive

LAKEVIEW RAMP SOUTH
2150 Lakeview Drive

**MCPHERSON SLOUGH
RAMP**
2500 Catfish Lane

**MEADOWMERE LANE
RAMP**
3013 Meadowmere Lane

**MEADOWMERE PARK
RAMP (LOW WATER)**
3000 Meadowmere Lane

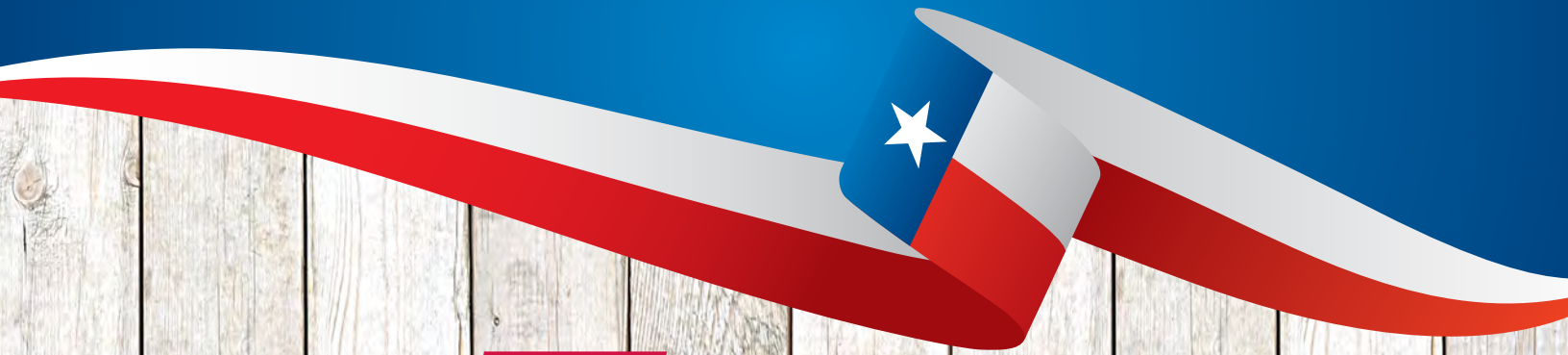
SAND BASS POINT RAMP
399 Sand Bass Drive

SCOTT'S RAMP
1999 Farris Branch Drive

TRAWICK RAMP
2799 Darren Medlin Trail

THE VINEYARDS RAMP
1501 North Dooley Street

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